

Dismissal proceedings approved for two EMS employees

By JAMES COOK
Times Editor

A closed session seemed to have dominated the Powell County Fiscal Court's special meeting last Wednesday. It was not supposed to be that way as other issues, including the Powell County Detention Center's proposed 2012-2013 budget was on the agenda. But the closed session took longer than the rest of the business discussed by the court members.

At question is the possible termination of two county employees based on the county's drug testing process. As to why the court went into closed session was only known by those who had an interest in the situation or had an agenda. The agenda only stated "Personnel."

The court handled all

the other business on the agenda for the night within the first 23 minutes. The meeting began at 6 p.m. The closed session began at 6:23 p.m. and 34 minutes later the court came back into open session.

The magistrates voted unanimously to allow Powell County Judge Executive James Anderson to "proceed with dismissal processes" against two ambulance service employees. The ambulance service has been the center of attention in recent weeks after some rumors about changed allegedly proposed by Anderson would be causing major changes in personnel and hours. Anderson has denied any such plans are in existence. It has been reported that some schedule changes may be forthcoming however.



Times Photo by James Cook

The members of the Powell County Fiscal Court look over the 2012-2013 proposed budget for the jail. They also went into a closed session and came out voting to allow dismissal proceedings against two EMS workers to continue. The county's drug policy and testing seems to be at the center of the issue.

Anderson did tell the Times that both employ-

ees worked for the ambulance service. He contin-

ued that one employee appears to have tested

positive in a drug screen test. The Times has been advised by sources that the other employee may have been insubordinate or refused to be tested.

"No one is dismissed at this time. The magistrates just gave me the right to proceed with the process of dismissal," Anderson said after the meeting. "They have a grievance process to follow and a hearing they can request. Then it would come back to the court."

Sources say that Anderson and two magistrates will make up the panel for the hearing. Though it is unclear who chooses the magistrates.

The Times has learned that at least one of the employees would request

See COURT

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Medical emergency may have caused accident that damaged two businesses

By JAMES COOK
Times Editor

A two vehicle accident on Main Street in Stanton Saturday afternoon sent a Beattyville man to the hospital after he hit a local Fish and Wildlife officer's vehicle. It also closed two local businesses, both pretty important to young ladies trying to get ready for the PCHS Prom scheduled in about a week.

Just after 12:10 p.m. a maroon truck driven by Eric Fugate, 44, of Beattyville, was heading north on Main Street. Police say that Fugate had a possible diabetic emergency, crossed the center line and struck a state truck driven by Fish and Wildlife Officer Chad Rice. Fugate's truck hit Rice with such force it turned him around, went over the curb and ran into the Elkins Building that houses Hair Force One Salon and Tanfabulous, a new tanning salon.

Stanton firefighters,

police and Powell EMS personnel converged on the scene. Fugate was still in some form of a seizure when he was removed from the truck and taken

"The Lord was working overtime in Stanton last Saturday."

to the Stanton Airport. According to Stanton Police Chief Kevin Neal, Fugate was flown by helicopter to the UK Medical Center.

"I could see this maroon truck coming straight at me, but I could tell he was in some sort of medical emergency," Rice, 44, of Clay City, said. "His arms were locked, his head was straight back and I could see the whites of his eyes." Rice said he tried to take evasive action. "I moved enough that he didn't hit



Local and state police survey the damage to a Kentucky Fish and Wildlife officer's truck after a collision in Stanton last Saturday afternoon. A truck driven by Eric Fugate of Beattyville hit the officer's truck and then went into two local businesses (above, right). Fugate was believed to be suffering from a diabetic emergency when the accident occurred. The officer was not hurt.



Times Photos by Kayla Mays

me head-on," Rice added. The force of the impact on the driver's side of Rice's vehicle spun him around. Fugate continued on, jumping over the curb

and hitting the building. "He was moving along at a pretty good clip," Rice stated. "If he hadn't hit a weight-bearing wall, he could have gone straight

through the building." Rice said he suffered no injuries in the accident. "The Lord was working overtime in Stanton last Saturday," he said. "I'm

fine." Fugate has since been released from the hospital. Chief Neal is investigating the accident.



Times Photo by Kayla Mays

Bowen Elementary had a visitor Tuesday when Kentucky Commissioner of Education Dr. Terry Holliday stopped in. Holliday (standing, second from the right) watched as Kathy Knox's Kindergarten class demonstrated what they have learned. Holliday visited each of the schools in Powell County. Standing in the doorway is Powell County Superintendent Mike Tate and school board chairman Donald Curtis. Standing beside Holliday is Bowen Principal G.G. Simon.



Times Photo by Kayla Mays

The Kiwanis Club held their annual Easter Egg Hunt last Saturday at Powell County High School. Nearly 100 kids were on hand to meet the Easter Bunny and hunt for eggs, including prize eggs. The weather cooperated for the event. Easter is this Sunday.



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What's inside the Times this week :

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More indictments released; bond reductions denied

By JAMES COOK
Times Editor

More indictments have been released, which means more arrests. But in one case a plea to reduce the bond has been denied.

Early last month the Powell Grand Jury released over 40 indictments. However, many more were apparently sealed. The sealed indictments are now being released as police are making the arrests.

Police arrested David Lee Ratliff after he was indicted on one count of trafficking in a controlled substance first degree and another count of trafficking in the second degree. According to court records, Ratliff allegedly sold 11 Percocets for \$240 to a confidential informant. When he was arrested on the original charge he still had the “buy money” police used on him, according to reports.

Ratliff, 41, of Stanton, made headlines last fall when he was accused of armed robbery. However, the case was dropped after the alleged victim was charged with filing a false report.

In this case Ratliff’s bond has been set at \$50,000 cash.

Officers also arrested Priscilla Yeary, 31, of Slade based on an indict-

ment for two counts of trafficking in a controlled substance second degree. Court records indicated that Yeary allegedly had sold four Loritabs and many more were found hidden in her house’s air vents. Her bond was set at \$125,000 cash.

The case of a husband and wife who were indicted on trafficking charges was heard in Powell Circuit Court last week. Carolyn and Ralph Robinson were part of the indictments released last month. Both were accused of selling medications from their home. When police raided their home on Jan. 20 they reported finding over \$55,000 in cash, nearly 600 pills, 18 guns, 36 knives and some jewelry. Police followed a tip and used a confidential informant to investigate complaints, according to their records.

Carolyn Robinson, 60, of Stanton, was indicted on two counts of first degree trafficking in a controlled substance, two counts of second degree trafficking and one count of third degree trafficking. Her bond has been set at a total of \$350,000. Ralph Robinson, 65, of Stanton and reportedly a former Winchester Police officer, was indicted on one count of first degree and one count of second degree trafficking in a controlled substance. His bond has been set at \$225,000.

Their attorneys made a motion in Powell Circuit Court to reduce the bond. However, Powell Circuit Judge Frank Fletcher denied the request. Fletcher cited a newspaper article from the Louisville Courier-Journal from Jan. 20, 2011 that stated that prescription drugs and overdoses were becoming a problem statewide. The article noted that in 2009 there were 978 overdose deaths attributed to prescription drugs.

Fletcher ruled that even though the presence of “\$60,000 in cash, 18 weapons, approximately 600 pills, jewelry and 36 knives” may not indicate trafficking, but coupled with “the totality of circumstances and evidence, as well as the testimony of a confidential witness, the actions appear to be consistent with the indictment.”

Fletcher went on to write in his order denying the bond reduction, that “not every trafficking case is a danger to others, but in this case the large amount of pills, alleged illegal narcotics, that could be sold on the streets could result in death or serious physical injury to third parties.”

There was no indication if another motion would be attempted or if Fletcher’s decision would be appealed.



Times Photo by Kayla Mays
There was fun, games and face painting at Clay City Elementary’s Breakfast with the Easter Bunny last weekend.

COURT: Approved jail budget for 2012-2013

From Page A1

a hearing. They also have turned over test results from testing completed later the same day as the drug screening to try to prove that the screening provided a false positive. Neither employee, or their families, have come forward and all information has come from sources close to the situation.

The magistrates approved the proposed \$1.6 million budget for the jail and after the closed session voted to allow Powell County Jailer Travis more time to review bids for the jail’s food service contract. The two bids received were from Kellwell and CBM.

The court also voted to pay bills that were submitted. Those included work done on an ambulance and dog food for the animal shelter. They even voted unanimously to approve the resolution dealing with the regional Pine Ridge Theatre project.

The magistrates also voted to enter an agreement to accept just over \$102,000 from the state which would then be turned over to Beechfork Water Commission for repairs. The payment was for the repairs to the main waterline between Beechfork Reservoir and Stanton back in November. A state highway crew that was trying to clear out the debris from under the bridge on Old Clay City Road accidentally struck

the waterline.

“The way it (the agreement) is worded that we would be responsible for any amount over this \$102,000 total we have received would be our responsibility I believe we need a stipulation put in that we will only be responsible for the amount given to us,” Anderson advised the court. “I am confident that all the receipts have been turned in and the amount being awarded is the right amount. But we need to make sure.”

The magistrates agreed and voted to allow Powell County Attorney Robert King to write up a stipulation and then agreed to accept the agreement.

The magistrates also agreed to allow local artist Danielle Kendrick to paint murals on the concrete columns of the overpass at Slade. “I understand that they still have a few hoops to go through with the state highway department, but this resolution would allow her to proceed,” Anderson said.

Kendrick, who has painted murals at Bowen Elementary and Lil’ Abner’s Motel in Slade, would paint local legends like Lily Mae Ledford and Carl McKenzie, a train going through the Nada Tunnel and even some forest patterns. The court approved the resolution 6-0.

From the Times Staff:

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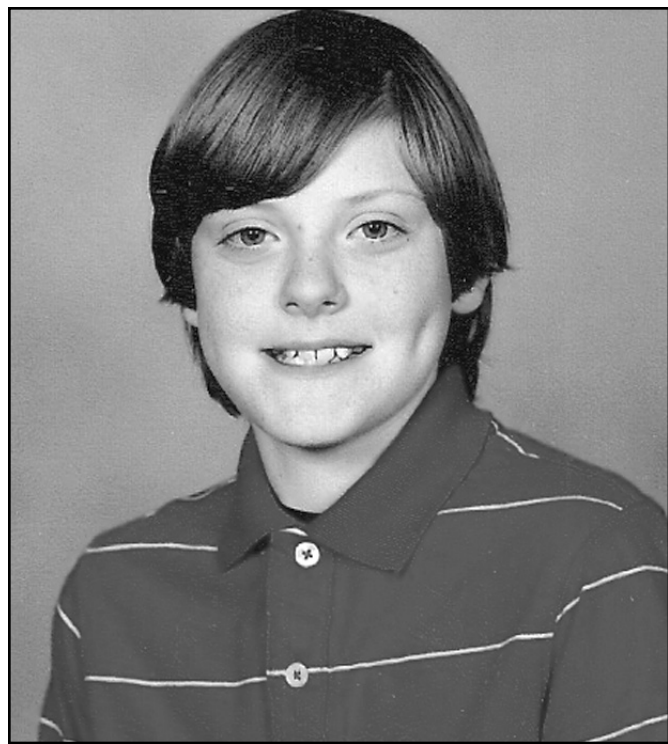
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Alvin Faulkner II

Faulkner earns Eagle Scout Award

Alvin Faulkner II has earned the highest advancement award the Boy Scouts of America offers to Scouts, The Eagle Scout Award. Alvin was recognized April 2 at the Full Gospel Lighthouse Church. Alvin started out as Tiger Cub and ran the ranks of the Cub Scout to Webelos II. While in Cub Scouts he earned his religion knot and the Webelo highest honor, the Arrow of Light.

In Boy Scouts Alvin served as patrol leader and earned 34 merit badges including the one he is most proud of, the swimming badge. While in scouting he has volunteered over 100 hours to helping out in his community.

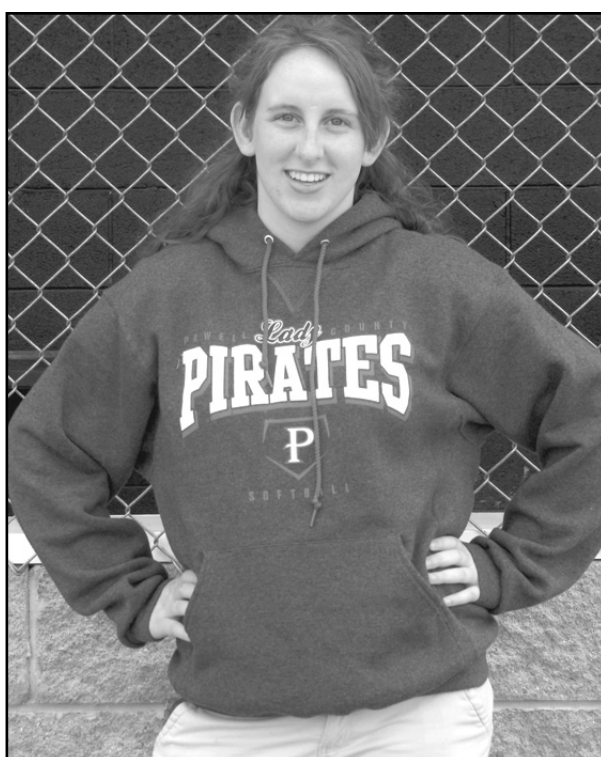
Alvin's Eagle Scout project included landscaping the senior citizens building. He showed his leadership ability by directing scouts and parents to set 35 trees and shrubs around the building. He completed his project by adding rubber mulch and landscaping timbers. He said, "It seems to complete the park."

He would like to say "thanks" to everyone who helped him out. This includes the Mayor of Stanton, Rogers Hardware, True Value of Stanton, and Allen's Hardware, Clay City. He would also like to thank his fellow scouts and leaders. Alvin has enjoyed 10 years of scouting.

Alvin is a junior at Powell County High School. After high school he plans on attending technical college and becoming a graphic designer. His favorite past time is playing games while talking to friends around the world on the internet. Alvin Faulkner II attends the Spruce Valley Church of God where he helps out as an usher. He is the son of Alvin Faulkner Sr. and Sandra King.

The Powell County Courthouse will be closed this Friday in observance of Good Friday.

PCHS Student of the Week



Whitney Cook

Whitney Cook is this week's PTO Student of the Week at Powell County High School. She is the daughter of James and Christina Cook of Stanton.

Whitney is a freshman at the high school and is a member of the Lady Pirate basketball and softball teams. She was nominated for PTO Student of the Week by her English teacher, Mary Beth Mink.

Whitney says that English is her favorite class ("It's what I'm good at") and Ms. Mink is a great teacher. Another thing she enjoys at the high school is lunch because "the food is better here."

What makes Whitney unique? Last year she was bitten by a rattlesnake, passed out, was airlifted to the University of Kentucky Hospital where she received two bags of anti-venom medicine, and was unconscious for twelve hours.

Her future plans include playing softball in college and being a great person.

Student of the Week is a program sponsored by the PTO and recognizes students who are role models in the areas of study, effort, cooperation, and attitude. Other students nominated this week include Zach Dennis, Sandra Perkins, Laryn Puckett, Dee Dee Roe, Shannon Rogers, Shelby Rogers, and Casey Snyder.

ATTENTION PCHS SENIORS

Graduation is just around the corner. Please make sure to get your picture to Mrs. Workman so you can be in the Clay City Times Graduation Special Section. Hurry, You have one week!



Cameron Conrad and Carrigan Wasilchenko

PCMS students qualify for State Governor's Cup Competition

Congratulations to Carrigan Wasilchenko 7th grade and Cameron Conrad 8th grade for placing second in the Regional Governor's Cup Academic Competition. Cameron placed second in math and Carrigan placed second in 8th grade Language Arts. They both qualified and moved on to the 2012 State Governor's Cup Competition at Rupp Arena in March. (picture taken at State Finals)

INFORMATION YOU NEED TO KNOW

- **Powell Fiscal Court meets at the Powell County Courthouse on the second Tuesday of each month at 7 p.m.**
- **Stanton City Council meets on the second Thursday of the month in the Powell Circuit Court Room, located in the Powell County Courthouse. The meeting starts at 6:30 p.m.**
- **Clay City Council meets on the third Monday of each month at the Municipal Building/Council Chambers. The meeting begins at 7 p.m.**
- **The Powell County School Board meets on the second Monday of the month at the PCHS Cafeteria, unless otherwise posted. The meeting begins at 6 p.m.**
- **Stanton Baptist Church is an Emergency Shelter during all emergency situations such as disasters, floods, tornadoes or any other emergency. They are equipped to handle medical patients during emergencies. If there is ever a need for the use of the shelter, call Powell County Dispatch at 663-4116.**

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Guest Column: Look out for the Lunch Police

Effective March 26, kids will be required to put fruits or vegetables on their trays in the lunch line. School cafeterias with salad bars must monitor the salad eaters “to ensure that students actually take the minimum required portion size” deemed nutritionally necessary for their age. No school kids will be served whole milk or even 2 percent-fat milk; only 1 percent or fat-free milk will be allowed.

However, “students may decline milk,” the U.S. Department of Agriculture generously concedes in its new rules for school lunches.

It’s not hard to see what lies ahead, says Stephen Goldberg, author of *Obama’s Shorts* (www.ObamasShorts.com), a collection of 23 satirical short stories that take a humorous look at the new rules and regulations governing Americans’ lives.

“How about a National Nutritional Enforcement Agency that provides federal agents, unarmed, of course, to make sure all students are Clean Plate Clubbers?” he asks. And forget mandatory health insurance, he says, we have a much bigger problem. “We’re ripe for a Patients’ Waiting Room Fairness Act. Some people can’t afford a phone or computer. Some can’t speak English. Why should they have to wait longer than people who can make appointments? “The Waiting Room Fairness Act will ensure it’s first come, first served,” Goldberg says. “That’s only fair.”

A stand-up comic-turned-dentist, Goldberg says there are some serious concerns underlying his hyperbole. Too many Americans don’t understand the principles upon which the United States was created, so they’re blind to just how far from them we’ve strayed. There’s nothing like a dose of humor to provide some education.

“The Constitution set things up so we would be ruled from the bottom up with

only a few things controlled by the federal government,” Goldberg says. “Now it is completely upside down.

“Take school lunches. Most parents pay for them. Shouldn’t they be the ones telling their kids what they should put on their plate? These new rules have been created, in part, to ‘help mitigate the childhood obesity trend,’ the USDA says. What if you’ve got a skinny kid who’s a picky eater and you want him to have the choice of drinking whole milk?” The Constitution was crafted with the family as the political base,” Goldberg says.

For things a family couldn’t possibly accomplish, the Founding Fathers looked to communities to be in charge. And what the community couldn’t do, the state would handle. “The federal government got only a few powers, like war and international trade. That also helped ensure that the different beliefs, cultures and values of different communities would be protected.

“Think it’s far-fetched imagining a day when federal agents search lunchboxes for cookie contraband?” Goldberg asks. “How about a National Potato Council accusing the feds of treating their tuber like a ‘second-class vegetable’ in its lunchroom rules? “Yes, there is a National Potato Council. And yes, that’s what they said.”

About Stephen Goldberg

Stephen Goldberg started his professional life as a comedian and turned to dentistry as a more reliable way to make a living – though he never stopped getting his audience to laugh. He’s been married 45 years and has three children and three grandchildren.

High School Seniors:

Graduation is less than a month away. Please get your pictures to Mrs. Workman at PCHS for the Clay City Times Graduation Special Issue. Deadline is next week.



Estill County native J.D. Crowe is an editorial cartoonist with the Mobile, Alabama, Register.

LETTERS TO THE EDITOR

Reading Celebration organizers are grateful for community and school help

Letter to Editor,

On behalf of the Powell County Schools Reading Celebration Committee, I would like to thank the staff, students, authors, participants and sponsors of the 4th Annual Reading Celebration held on Saturday, March 24. The Reading Celebration is an organized event to honor and recognize those students who have achieved top reader status at their school. Without the hard work. We are truly thankful for the support of our community in helping recognize our outstanding students.

Lynn Stidham
Chairperson,
Reading Celebration Committee

Thanks for reading the Clay City Times - Lord willing,"I'm just saying" will return next week.



Guest Column: Pain at the pump

By SEN. MITCH MCCONNELL
U.S. Senator

How many miles is the drive from Kentucky to New Orleans?

That’s the question many basketball fans in the Bluegrass State found themselves wondering this March. (The answer is anywhere from about 560 to nearly 800, depending on where you start from.) But there’s another, more significant question that has a much scarier answer: How much will it cost to fill the gas tank for the trip?

Gas prices have more than doubled since President Obama took office; the average Kentuckian now pays nearly \$4 a gallon. In addition to driving up the cost of commuting, this increased price of gas is reflected in the rising costs of groceries and other essentials.

And all the while, the president and liberal Democrats in Congress only offer excuses instead of solutions to the outcome of their failed policies.

President Obama

recently admitted, “Do you think the president of the United States going into re-election wants gas prices to go up higher?”

How interesting that his concern for high gas prices coincides with his political campaign. But a look back at the statements of this president, and the actions of his fellow liberal Democrats in Washington, reveals that their concern for high gas prices is something new.

When he first ran for president in 2008, Barack Obama’s concern with record-high gas prices was only that he “would have preferred a gradual adjustment” to get them there.

During the last presidential campaign, the Republican nominee called for greater domestic energy exploration. Obama fired back that such a policy would have “no short-term benefits, since it would take at least 10 years to get any oil...offshore drilling would not lower gas prices today.”

Well, no, maybe it wouldn’t have lowered gas prices that afternoon. But now, four years later, isn’t it safe to assume

that if President Obama had entered office intent on expanding domestic energy exploration, the benefits of such a policy would mean lower gas prices in 2012?

This president had another chance to show he was committed to addressing the price of gasoline by approving the Keystone XL pipeline. His consent to that single project could have brought 700,000 barrels of oil to the market each day and created thousands of new America jobs. Yet President Obama blocked the pipeline, despite an exhaustive three-year review.

Can there be any doubt that the president’s sudden concern over high gas prices is nothing but a re-election campaign conversion? The worse the president’s poll numbers, the more he cares about how much you pay at the pump.

Not to be outdone, the president’s liberal Democrat allies in Congress recently proposed legislation to raise taxes on energy producers—legislation even they admit will do nothing to lower the price of gas.

With gas prices reaching \$4 a gallon, it’s hard to think of a better way to illustrate how out of touch and irresponsible the Democrats in Washington have become. Thankfully that proposal was defeated in a bipartisan vote on Thursday.

It’s time for the president and the liberal Democrats in Washington to get serious. We need to do everything we can to get gas prices down now—because of the strain these prices put on people’s wallets, not because it’s campaign season.

We need to pass the Keystone XL Pipeline. We must act to lower the costs of energy through an “all of the above” energy plan that uses every option at our disposal. And we must work to free America from foreign sources of oil so that gas prices can be made more predictable.

If the president won’t act, Congress must. The people of Kentucky shouldn’t have to wait for action on gas prices only when the president finds himself in a tough re-election campaign.

They said it ... about Love

"Since love grows within you, so beauty grows. For love is the beauty of the soul."
St. Augustine

"Harmony is pure love, for love is a concerto."
Lope Vega

"I love you not only for what you are, but for what I am when I am with you. I love you not only for what you have made of yourself, but for what you are making of me. I love you for the part of me that you bring out."
Roy Croft

"True love stories never have endings."
Richard Bach

The Clay City

TIMES

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Guest Column: Some things seem too good to be true

By REV. JAMES L. SNYDER
Guest Columnist

Recently I discovered something. The more I tried to keep up with the latest trend the further behind I get. I am not a complete technical idiot, but I'm not too far off. The only thing I can say about me is that I at least try.

The best example of all of this has to do with my cell phone. Is there anybody on the planet today that does not have a cell phone? And, the most important question, is there anybody driving a car that is not at the same time on that cell phone? Who in the world are they all talking to?

My guess is they are all talking to each other. At least, they are not talking to me.

The Gracious Mistress of the Parsonage finally convinced me to go into cahoots with her and get cell phones. The plan was this. She got to pick out the cell phones and I got to pay the bill. I must say I beat her on this one.

She only got to take the cell phone once but I, get to pay the bill every month. I was chuckling to myself that I finally pulled one over on her until I realized that I get to pay the bill every month. Every month! This is the last time I will try to pull something over on her. I never win.

Consequently, we now are in the cell phone industry. I am not sure it is all working out for the good.

I have yet to master the technological skill associated with successfully using my cell phone. Although my cell phone is rather small, it has more buttons on it than Bozo the clown's costume. Not only are there more buttons than I can count but each button is smaller than I can see. Who in the world designed

such small buttons?

I really think that my cell phone was designed for some midget.

At this point, I cannot tell the difference when my cell phone is ringing or when I am receiving a text message. When a text message comes in I try to answer the cell phone and nobody seems to be on the other end. When I try to read the text message there are only letters instead of words. It takes me a half hour just to figure out one text message. Where is James Bond when you need him?

I may not be the brightest letter on the keyboard but I do know how to spell words. It seems that in order to use a cell phone today you have to throw out words and start using letters. I will never get the hang of that.

When somebody is on the phone and I am talking, all of a sudden the phone goes dead. I can talk for 3 minutes before realizing nobody is on the other end. I find this most frustrating.

I am not sure that the convenience of the cell phone is worth the frustrating elements associated with having the cell phone.

In a crowded restaurant the other day, my cell phone went off. Not thinking too much of my environment I answered the cell phone. It was a friend calling me.

The conversation started rather jovial for all practical purposes. Suddenly I became conscious I had an audience. There are times when I really prefer not to have an audience. This was one of those times.

I realized some of the people around me were eavesdropping in on my conversation. Then the unthinkable happened. My cell phone suddenly went dead. It went dead in the middle of a rather humorous joke I was telling. Now what was I to do?

It really was not my fault that the phone went dead. I did not plan it that way. Besides, I hate it when

somebody stops in the middle of a joke and you never get to the punchline.

For a few seconds I was not sure what the proper protocol is when your phone goes dead and you have an audience. I had to do some very quick thinking and come up with, what I thought was, a brilliant plan.

I understand that when you do have an audience you have a certain responsibility with that audience. So, not to disappoint my audience, I continued my conversation on the cell phone as though somebody was actually on the other end. I was able to finish my joke and then I paused, not knowing what else to do. I merely continued the conversation I was having with my friend who really was not on the other end of this time.

Sometimes it is good just to keep up a good front. From the snickers of the people around me in that restaurant, it was well worth finishing that joke. I hate to waste a good joke. After all, they are so hard to come by these days.

Many things are just too good to be true and many of them I probably will never really get the hang of it. One thing I never really will fully understand is God's love for me.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16 KJV).

Although this sounds too good to be true, it is true nevertheless.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.

Health Department adopts mandatory food handler training program; changes fees

On Monday, March 30 the Powell County Health Department Board oh Health voted to adopt a mandatory food handler training program, implemented a plan review fee and changed On-Site fees. All of these changes will take effect on May 1. For public review, here is a list of the new fee scale:

Site Evaluation \$200
On Site Permit \$230
Repair Permit \$150
Existing System \$120
Plan Review \$25
Food handlers Certification \$20
Food handlers Certification will be valid for two

years and will have a six month period of compliance after May 1. The Food handler Certification Classes for 2012 will be held on: Wednesday, may 9 at 11 a.m.; Thursday may 10 at 12:30 p.m.; Wednesday, June 13 at 9 a.m.; Thursday, June 14 at 9 a.m.; Wednesday, July 11 at 9 a.m.; Thursday, July 12 at 9 a.m.; Wednesday, August 8 at 9 a.m.; and Thursday, August 9 at 9 a.m.

Classes should last about four to five hours. All classes will be at the Powell County Extension Office.

Part of Pompeii Road will be closed next week

In order to replace a drainage structure, the Kentucky Department of Highways plans to close KY 2026 in Powell County on Tuesday, April 10. The road will be closed between mile markers 3 and 4 from 8 a.m. until approximately 3 p.m.

The road is also known as Pompeii Road or Old Clay City Road coming from Stanton.

No marked detour will be posted. Motorists will need to find an alternate route. In case of inclement weather, the closure will be rescheduled until the next suitable day.

Happy Easter !



Community Health Fair and Cookout

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Saint Joseph Primary Care Clinic
Saturday, April 28 • Noon to 2 p.m.
4620 Main Street, Clay City, KY

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OBITUARIES

Harold G. Jones, Sr., 66

Harold Gene Jones, Sr., 66, of 4th Avenue, Clay City, passed away at his residence on Sunday, March 25, 2012. Born in Clark County, he was the son of the late James Harrison and Margaret Richardson Jones. He was a US Army Veteran and a former truck driver for Jennmar Trucking, Winchester. In addition to his parents he was also preceded in death by two brothers, Alfred and Bobby Jones and by one sister, Ruby Douglas.

Surviving relatives are his wife, Nannie Alice Cole Jones; two sons: Harold Gene Jones, II of Winchester and Ronnie Wayne Jones of Mt. Sterling; stepson, Gobel Ray (Tammy) Cundiff of Richmond; one daughter, Priscilla (Jason) Nunes of Clay City; two stepdaughters, Virgie Lee Knox and Samantha Ann Rice both of Clay City; one brother, Ronnie (Francis) Jones of Boone County; five sisters: Anna Wells, Charlene Hatton, Sharon (Donald) Olinger, Barbara (Jerald) Elkin and Betty (Orville) King all of Winchester; 12 grandchildren and two great grandchildren.

Funeral services officiated by Rev. Linville Spangler were held on Wednesday, March 28, 2012 at Hearne Funeral Home Chapel, 125 West College Avenue,



Stanton. Interment with military honors was in the Salem Cemetery, Irvine.

Active pallbearers were Harold Jones, Gobel Cundiff, Willard Taulbee, Orville King, Jerald Elkin and Douglas Griffith. Honorary pallbearers were Ronnie Wayne Jones, Lanny Griffith, Danny Griffith, Jerry Griffith, Steve Griffith, James Edward Wells, Donald Olinger and Daniel Strange. Arrangements by Hearne Funeral Home, Inc. www.hearnefuneral-home.com.

Loretta McCoy, 70

Loretta Hazel McCoy, 70 of Stanton, passed away Saturday, March 31, 2012 at the Stanton Nursing Center. She is survived by one son Terry McClure of Stanton; one daughter Elizabeth Strange of Stanton; three brothers Virgil Helton of Peru Indiana, Stanley Helton of Peru Indiana and Bobby Helton of Winchester; one sister Virgie Leach of Stanton; five grandchildren and six great grandchildren.

Funeral services were held on Monday, April 2, 2012 at Grayson Funeral Home in Clay City with Pastor Frank Curtis officiating. Burial followed in the McClure- Swango Cemetery. Pallbearers were Justin Barnett, Joseph Barnett, Greg Reed, Stephen Culbertson, Michael Hurt and Randy Ledford. www.graysonfuneralhome.net



Lina M. Skidmore,

Lina Marie Conlee Skidmore, widow of Garrett Skidmore, West College Avenue, Stanton, died on Friday, March 30, 2012 at University of Kentucky Medical Center, Lexington. Born in Madison County, she was the daughter of the late George W. and Leona Garrett Conlee.

Lina Marie was a former second grade teacher having taught 40 years at Stanton Elementary School. She was a member of the Kentucky Retired Teachers Association and she was a member of the Stanton Christian Church.

Funeral services were officiated by Rev. Mitchell McIntyre on Monday, April 2, 2012 at Hearne Funeral Home Chapel, 125 West College Avenue, Stanton. Interment followed in Stanton Cemetery alongside her husband. Pallbearers were Millard Skidmore, Ronnie Knox, Anthony Knox, Jon Skidmore, Roger Stacy, Gregory Tandy and Hondo Hearne.

In lieu of flowers, memorial contributions may be made to the American Cancer Society. Arrangements by Hearne Funeral Home, Inc. www.hearnefuneral-home.com.



CHURCH NEWS

Country Breakfast

The West Bend First Church of God will be serving breakfast on Saturday, April 14 beginning at 9:30 a.m. The menu includes biscuit and gravy, bacon or sausage, eggs, hash browns, fried apples, coffee/drinks. The cost is \$6 for those who are 11 and up, \$4 for those 10 and under. All proceeds go toward the fellowship hall. Everyone come on out.



Fire in the Wilderness

Fire in the Wilderness Full Gospel Ministry will open with a revival at 824 South Fork Road (Highway 1639) in Stanton beginning April 8 and continuing for at least seven days, at 7 p.m. nightly. All anointed singers are welcome. For more information call 606-663-6172.

Easter at Calvary

There will be special services at Calvary Baptist on Stokley Loop in Clay City on Easter Sunday, April 8. A Sunrise Service will be held at 7:30 a.m. followed by a breakfast from 8-9 a.m. (RSVP at 663-1890 for the breakfast.) Sunday School will begin at 10 a.m. and Church Services will start at 11 a.m. An Easter skit featuring the youth group will be held at 11:30 a.m. and an Easter Hat Parade will be held at 12:15 p.m. There will be Easter baskets for the kids after the services.

Easter Week Services

The Powell County Ministerial Association would like to invite everyone to the Holy Week Services Monday, April 2 through Friday, April 6. Wednesday night will

be held at Stanton First Church of God, Thursday night will be held at West Bend First Church of God, Friday night will be held at Stanton Christian Church. All services will begin at 7 p.m.

Easter Sunrise Services will be held at the Stanton Cemetery with Brother David Rule and also at Natural Bridge with Mitch McIntyre. Both services will begin at 7 a.m.

Prayer Task Force Schedule

The Powell County ChristiansUnitedAgainst

Drugs (PCCUAD) Prayer Task Force will meet at the Stanton Presbyterian Church located next door to the Powell County Health Department on Main Street. The prayer service starts at 9 a.m.

ATTENTION BANK OVERDRAFT VICTIMS:

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Relay for Life Events

Dessert Auction

Friday, April 6

8:30 a.m. to 2 p.m.

Powell County Middle School Library

All funds raised will go to the American Cancer Society.

Zumbathon

Friday, April 20

6-8 p.m.

Powell County High School \$10 per person

There will also be a silent auction

Powell County's

Got Talent

Saturday, April 21

6 p.m. @ PCMS Gym

\$10 entry fee; Admission \$5 adults/\$2 students

The
Mountain View Drive-In
Stanton, Kentucky

April 6, 7 & 8

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	Dr. Seuss The Lorax	
	Hunger Games	
		Wrath of the Titans Rated R
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If you have a Community or Church Event planned, let the community know right here.

Contact us at 663-5540 or cctimesnews@bellsouth.net

COMMUNITY CALENDAR

Ladies Spring Fling

The 8th Annual Ladies Spring Fling is scheduled for Thursday, April 12 at the Stanton Christian Church located on Church Street. There will be good food, warm fellowship, joyful singing, an uplifting message, gift baskets and door prizes. This year's theme is "This Little Light of Mine." The activities are from 6 to 8 p.m. and registration begins at 5:45 p.m. Come and share your light!

4-H Breakfast with the Easter Bunny

Powell County's 4-H Teen Club will sponsor Breakfast with the Easter Bunny on Saturday, April 7 at the Powell County Extension Office. An all-you-can-eat-buffett will be served from 9 a.m. to 11 a.m. Children under 12 will receive a complimentary photo with the Easter Bunny. Tickets can be purchased in advance for \$7 or at the door for \$10. Call 663-6405 for more details or to pre-order.

Adult Softball League

Boone's Creek Baptist Camp is now taking signups for their Men and Women's Summer Softball League. Signups will be taken until April 15. Individuals or Teams wanting to play, please contact, Gale Holbrook, Camp Manager at 859-744-0037 or 859-771-2136.

AmVets Meeting

AmVets Post 67, Clay City, monthly meeting, the first Sunday every month at 2 p.m., Pick 'n Grin, Bluegrass music free every Friday night! Bingo every Monday at 6:30 p.m.

Yoga for Beginners

Free beginner yoga classes will be held on Mondays- April 9, 16, 23 and 30 at 4:30 p.m. at the Powell County

Extension Office. Poses will be taught in a very basic format and all ages are invited to attend. For more information, please call Stacy Crase at Foothills Health and Wellness Center at 663-9011.

GTE/Sylvania/UAW Meeting

Winchester GTE/Sylvania/Osram/UAW retirees will meet at 10:30 a.m. on Tuesday, April 10 at the Union Hall on Bloomfield Road. Following the business meeting, members and guests will gather at DJ's on the Winchester bypass, across from Frisch's for lunch. All retirees and former employees are welcome at lunch!

The Powell County Library

Story Time at the Powell County Public Library is every Thursday from 1:30 to 2:30 p.m. for ages 3 to 5 years. We will read stories, do crafts and sometimes a movie. Powell County Public Library Board Meeting will be held on the third Monday of the month at 4 p.m. in the library.

Disabled American Veteran Meeting

The Monthly Meeting of the Powell County Disabled American Veterans Powell County Chapter # 103 is held on the second Thursday each month at 30 Bright Street Stanton at 6 p.m. For information call Joe Neal 663-5895.

Disabled American Veteran Service Officer

The next Disabled American Veteran Service Officer will be available on Friday, April 6 from 9 a.m. until 12:30 p.m. at the DAV meeting Hall 30 Bright Street Stanton. For information call Joe Neal 663-5895.

Free GED

GED exam cost is now FREE! Visit MSU-Powell County Adult Education to prepare for your GED exam. Call 606-663-1948

Boonesboro Lioness Auction

The 23rd Annual Boonesboro Lioness Auction, sponsored by the Boonesboro Lioness Club to benefit Hospice East, will be held on Friday, April 7. The bake sale begins at 4 p.m. and the auction begins at 6 p.m. Refreshments will be served. It will be held at the First Church of God located at 2500 Colby Road in Winchester and is open to the public. For more information call Debbie Jones at 859-744-9866.

Genealogy Help Desk

The Red River Historical Society and Museum located at 4541 Main Street in Clay City has opened a Genealogy Help Desk. It will be staffed by members of the historical society and members of the Red River Valley Chapter of the Daughters of the American Revolution (DAR). If you are researching your Eastern Kentucky roots we hope we can be of some help to you. The hours are 2 to 5 p.m. each Sunday at the museum.

Powell County Tourism Commission

The regular board meetings are held every fourth Wednesday at 1 pm. The meetings are held at the office in Slade (behind the red caboose). For more information call 606-663-1161.



The Kiwanis Easter Egg Hunt was quite successful again this year and has become a much anticipated community event.

Times Photo by Kayla Mays

Friends of PC Pets Meetings

Friends of Powell County's Pets hold their monthly meetings at 6:30 p.m. on the first Tuesday of every month at the Powell County Public Library. If you have any questions or you would like to volunteer or foster, please stop by.

Rabies Clinic

There will be a rabies clinic on Saturday, May 5. The times and locations are as follows:

1:00 – 1:30 West Bend – West Bend First Church of God, 8891 Winchester Road
1:45 – 2:15 Clay City – AMVETS Building
2:30 – 3:00 Stanton – Powell County High School Bus Garage
3:15 – 3:45 Bowen – Bowen First Church of God

Rabies Shot \$5. Other vaccines available. Times may vary depending on participation. Sponsored by: Stanton Veterinary Clinic and Powell County

Health Department.

Brianna's Sanctuary Meetings

Brianna's Sanctuary & Rescue monthly meeting will be held at 6 p.m. on the second Friday of each month, at the Powell County Public Library. If you would like to volunteer or find out the requirements for fostering, come by and join us. For questions call (606) 663-2353 or (859) 576-4846.

Higher Education Meeting

The Powell County Higher Education Development Board will meet on the third Thursday of each month

at the Powell County High School Library at 7 p.m.

Berea Clinic

Berea Health Ministry has new hours: Monday, Tuesday, Thursday 9a.m. to 9 p.m.; Wednesday 9 a.m. to 5 p.m.; Friday and Saturday 1p.m. to 9 p.m. Berea Health Ministry Clinic in Berea provides medical care for you. If you have no health insurance or have lost your job, call the clinic (859) 986-1274 for an appointment. We are here to serve you.

The Clay City Times

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2012 Powell County Little League Golf Scramble

Beech Fork Golf course
Saturday, April 14 @ 10 am
Rain Date is April 21

\$30 per player

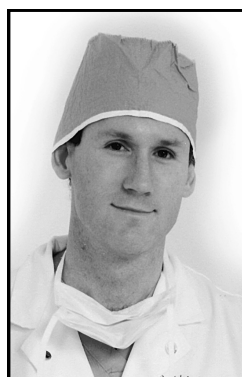
Four man scramble,
Bring your own team

Muligans, skirts and string will be
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Closest to the pin on #5.

Prizes will include money for first,
second and third.

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Deadline to file and pay taxes is April 17

The Kentucky Department Revenue (DOR) reminds taxpayers that they will have a few additional days to file their taxes this year.

The 2012 deadline is Tuesday, April 17, due to Emancipation Day, a holiday observed in the District of Columbia, which falls on Monday, April 16. By law, District of Columbia holidays affect tax deadlines in the same way that federal holidays do; therefore, all taxpayers will have two extra days to file or pay any taxes due this year.

All valid six-month extensions filed on or before April 17, 2011, will likewise extend the due date for filing a 2011 calendar year income tax return to Oct. 15, 2012.

DOR encourages taxpayers and tax professionals to take advantage of convenient, safe electronic filing.

Since the beginning of the current tax season, over one million Kentuckians have already filed individual tax returns. Approximately 89 percent of those were filed electronically. The average time for a refund to be issued on filed paper returns is four to six weeks. A refund request from an electronically filed return, however, is issued within seven to 10 days.

Additionally, taxpayers who owe with their returns and file electronically can request the additional tax due be automatically debited from their bank. Taxpayers can opt to have the tax due debited up to April 17 and avoid interest.

More than 1 million Kentucky taxpayers may be eligible to prepare and file their taxes electronically at no cost thanks to a public-private partnership called the Free File Alliance. To find out if you qualify, visit www.revenue.ky.gov.

All Kentucky income tax forms are available at www.revenue.ky.gov/forms or by calling 502-564-3658. Forms are also available at any of the 10 DOR field offices throughout the state. A list of field offices is available at www.revenue.ky.gov/aboutus/taxpayerservicecenters.htm.

DOR will honor recently announced Internal Revenue Service (IRS) special tax relief for taxpayers in the Presidential Disaster Areas who were victims of severe storms, tornadoes, straight-line winds and flooding that started on Feb. 29, 2012.

As of March 19, 2012, President Barack Obama has declared Bath, Campbell, Carroll, Grant, Grayson, Johnson, Kenton, Larue, Laurel, Lawrence, Magoffin, Martin, Menifee, Montgomery, Morgan, Ohio, Pendleton, Rowan, Russell, Trimble and Wolfe counties federal disaster areas. Individuals who reside or have a business in these counties may qualify for tax relief.

The IRS is postponing certain tax deadlines for those taxpayers who reside or have a business in the disaster area. For instance, certain deadlines falling on or after Feb. 29, and on or before May 31, have been postponed to May 31, 2012.

This includes an extension of the April 17 deadline for filing 2011 individual income tax returns, making income tax payments and making 2011 contributions to individual retirement accounts (IRA).

Lucas named to Berea College Deans List

Clay City resident William T. Lucas has been named to the Fall 2011 Dean's List at Berea College. A student is named to the Dean's List who achieves a GPA of 3.2 or higher for a minimum course load equivalent to 16 semester hours.

Berea College, located in Berea, Ky., is a non-denominational, comprehensive college that offers Bachelor's degrees in 32 majors, including arts and sciences and select professional programs, as well as independent majors designed by students to mirror approved majors at other colleges. Every student receives a tuition scholarship for cost of education and works at least 10 hours a week to pay living expenses.

Berea College offers a high-quality, liberal arts education to students who have great promise but limited economic resources. Founded upon inclusive Christian principles in 1855, Berea College was the first interracial and coeducational college in the South.

The College promotes understanding and kinship among all people, service to communities in Appalachia and beyond, and sustainable living practices that set an example of new ways to conserve our limited natural resources. More information about Berea can be found at www.berea.edu.

Two Powell students accept merit scholarships to EKU

Hundreds of incoming freshmen and transfer students already have accepted merit-based scholarships to attend Eastern Kentucky University.

Powell County recipients include:

- Jarod Goodwin, Stanton, Powell County High School, Founders Scholarship

- Corey Kirkpatrick, Clay City, Powell County High School, Regents Scholarship

"These students have found programs here at EKU that meet their needs academically, therefore Eastern is doing all it can to help them achieve their dreams financially through our merit-based scholarship program," said Brett Morris, interim director of admissions at the university. "The process is much easier now because students are granted these scholarships automatically if

they qualify. There's no need for a separate application."

Students who qualify for merit-based scholarships have until May 1 to accept them, Morris said. (Additional scholarship recipients will be announced later.)

The Excellence Award, Founders Award, Regents Scholarship, Presidential Scholarship and Merit Scholarship are for incoming high school freshmen. The Colonel, Colonel Plus, Maroon and Maroon Plus scholarships are for incoming transfer students.

For more information about all the scholarships available to EKU students, visit scholarships.eku.edu or call the university's Scholarship Office at 859-622-8032.

AMVETS EGG HUNT

AmVets Ladies Auxiliary Annual Easter Egg Hunt, Cook-out & Bake Sale Saturday, April 7, 2012 at the AmVets Post 67, Clay City. Entertainment by: 3 Queens and a Jack. Cook-out starts at 10 a.m. Free to the community. Egg hunt starts at noon. For more information contact Mary Schirmer 606-481-0743.



Autism Support Group: 'A job is more than money'

The Powell County Parents and Professionals Autism Support Group will meet on Monday, April 16 from 4 p.m. - 5:30 pm at the Powell County Middle School in classroom 129.

Marilyn Barnett, Employment Specialist for Key Assets Kentucky's Key Services, President of the local Powell County Autism Support Group and mother of a 17 year old with autism, will describe "Supported Employment" services obtained through the Office of Vocational Rehabilitation and Medicaid's Supports for Community Living and Michele P Waiver programs. Individuals with disabilities, families/guardians, professionals, and business leaders are encouraged to attend.

The meetings are always open to the public. Childcare is not available but children are always welcome. For more information call Mary Davis, PCMS Resource Director, 663-3308 or Marilyn Barnett, 606-521-9676. There will be one and a half hours of CEUs available for Powell School District employees and Child Care Professionals.

Calling All Dreamer's! Powell County Public Library Launches Summer Reading Program

Readers of all ages will explore the night this summer as Powell County Public Library presents "Dream Big----Read!" it's about dreams, stars and planets, bats, owls, spooky stories and more.

During our summer reading program, activities could include dreams, wishes, space exploration, prize drawing & story time.

The public library cares about our children here in our community and has planned a program to keep them reading and learning all summer. Whether keeping track of the amount of time your children spend reading or the number of books they have read this summer. Children who join the summer reading program keep their brains active and enter school in the fall ready to learn and to succeed.

The "2012 Summer Reading Program" is open to children going into the 1st through 5th grade. The program will start Monday, June 18 to Friday, June 22. Time will be 10:30 a. m. to 12 p.m. Monday through Friday. Call the library at 606-663-4511 for more information about the program. Come in and sign your child up or call over the phone. If

You need more information call the library and ask for Ms. Rose.

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Powell County Health Fair Scheduled

Health care is still a big concern and of major importance to most of us. For those Powell County residents who have been putting off going to the doctor for a long time, the Powell County Community Health Fair has been scheduled for Thursday, April 12 at the Powell County Middle School gym, beginning at 5 p.m. and going until 8 p.m.

Some of the services offered this year by the Kentucky River Foothills Professional Medical Staff will be cholesterol screening, blood pressure, glucose screening, and hearing screening. The Powell County Health Department will also give out information as will other health related groups throughout the area.

The Powell County Health Fair is free of charge and is made possible by the Kentucky River Foothills medical group, the Powell County Family Resource Centers, Community Education Center and the Powell County Extension Service.

For more information, or if your health related group would like to be a part of this year's event, please contact Mike Reed at 663-6405 or Becky Skidmore at 663-3515.

For the Love of Lilacs

It has certainly been a beautiful spring this year. I suppose we are being encouraged after such a long and cold winter which actually started in early October. For most of us, spring cannot come too soon!

The forsythia bushes have been vibrant this season, and once the blooms of these shrubs have fallen, homeowners can feel at liberty to go ahead and trim these shrubs back to the shape or size they want. Forsythia bushes may also have a great deal of dead wood left inside the shrub which can easily be removed as the leaves begin to appear.

As we discussed in our garden class on Monday night, if the shrub blooms before JUNE 1, prune it after the blooms drop to the ground. If you wait much later than that, you may reduce your bud and flower show for the following year.

Once the forsythia bushes have bloomed, the next spring show will be from our lilacs. Yours may be blooming now. Hardly any shrub around the house stimulates our senses or our memories like the lilac.

I can remember my granny's lilac bush in the corner of the yard. She would routinely each spring cut a bouquet from that shrub and bring it in her dining room. I can still remember the smell of the lilacs and her lace curtains rustling in the breeze coming through that room.

Every home landscape in Powell County should have at least one lilac. There are many varieties available at most lawn and garden centers.

Lilacs love full sun, good soil drainage and a neutral pH of 7.0. Most of us have plenty of room for a lilac, but give it plenty of space to grow.

One of the few down sides of a lilac is the fact that lilacs may get tall and leggy and may have a few dead branches to cut away each year. Lilacs should be pruned down to the proper height after the blooms are enjoyed in April. You may also see dead branches now, which may be an indicator of their worst enemy, lilac borers. Dead branches may have small holes down them, which is a sure indication of these culprits. Cut these branches out now, burn them and spray with an insecticide labeled for lilac borers this summer. You may have to apply more than one application. Certainly the sweet smell of lilacs this spring far outweighs what few negative problems you will have.

Growing Herbs in Your Garden

The second session of our 2012 gardening class will be held next Monday at 7 p.m. at the Powell County High School Cafeteria. The topic of discussion for this class will be Growing Herbs in your Garden.

We will discuss some of the basic, easy to grow herbs you can use for cooking in your home kitchen. Herbs like basil, oregano, mint and coriander are easy to grow and can be used in many different recipes. We may even pass out a few recipes and sample a few herb dishes. The cost for the garden



Above is a lilac bush which are looking quite nice this spring. Bottom photo is of sage that could be grown in one's own garden.

class is \$2 per person but includes door prizes, snacks, a few plants to take home and all the coffee you can drink. Bring your grubby clothes, as you will get dirty in the learning greenhouse. And above all, you will have fun!

All Powell County gardeners are encouraged to attend. For more information contact the Powell County Extension Office at 663-6405.

Spring Cleaning good for finances as well

Spring is officially here. That means it's time for spring cleaning!

People everywhere are shedding the effects of fall and winter. But what about dusting off your long-term financial plan? April is National Financial Literacy Month — the perfect time to spring into action when it comes to planning your financial future. And if you already have a plan, this is a great opportunity to take another look.

According to a 2011 survey by the Employee Benefit Research Institute, more than half of workers report they've put away less than \$25,000 in total savings and investments; a whopping 29 percent have less than \$1,000 saved for the future.

If you haven't started already, now is the time to begin saving for your retirement — no matter what your age. If retirement is near, you'll want to jump into the fast lane right away. If you're younger and retirement seems a lifetime away, it's still in your best interest to begin saving now, as compound interest will work to your advantage. Experts agree that saving when you're young will make a world of difference when the time comes to draw on your retirement savings.

Don't take our word for it. You can check out the numbers yourself. A great place to start figuring out how much

you will need for retirement is to learn how much you could expect from Social Security. You can do that in minutes with Social Security's online Retirement Estimator.

The Retirement Estimator offers an instant and personalized estimate of your future Social Security retirement benefits based on your earnings record. Try it out at www.socialsecurity.gov/estimator.

We encourage saving for retirement, but there are reasons to save for every stage of life. A great place to go for help is www.mymoney.gov. MyMoney.gov is the U.S. government's website dedicated to teaching Americans the basics about financial education. Whether you are planning to buy a home, balancing your checkbook, or investing in your 401(k) plan, the resources on www.mymoney.gov can help you.

Another excellent resource is the Ballpark E\$timator at www.choosetosave.org/ballpark. This online tool takes complicated issues, like projected Social Security benefits and earnings assumptions on savings, and turns them into language and numbers that are easy to understand.

Spring into action! Get started right now at www.socialsecurity.gov.

By Russ Russell

Make your lawncare easier this year with Poulan or Husqvarna!



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Evergreen Community Supports, LLC
Now Hiring
Residential Managers starting at \$10/hr.,
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We are currently seeking qualified staff members who are eager to make a difference in the lives of the individuals we support. If you are at least 18 years of age with a high school diploma or GED or 21 years of age and have reliable transportation, we would like to talk to you about employment opportunities.

For more information about supports we provide or for employment possibilities in Winchester or Stanton, please call

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Lori White, ADT/ Michelle P Supervisor
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Kentucky joins program that shares prescrip

tion drug data

Kentucky will sign an agreement to share and receive prescription drug dispensing data with at least 20 other states, which will help the state monitor prescription drug abuse, Governor Steve Beshear announced today.

The Kentucky All Schedule Prescription Electronic Reporting (KASPER) program has joined the National Association of Boards of Pharmacy's Prescription Monitoring Program InterConnect (PMP InterConnect), which facilitates the transfer of information to authorized users in other states. Specifically, the PMP InterConnect links participating programs to provide a more effective means of combating drug diversion and drug abuse nationwide.

"The blight of prescription drug abuse is tearing our families and communities apart, and we must use every tool available to attack this deadly scourge on our state," said Gov. Beshear. "One of our key strategies is sharing information with surrounding states, so that we can not only cut off access to abusers, but also identify the problem prescribers."

KASPER is currently administered through the Cabinet for Health and Family Services (CHFS). Twenty states have already agreed to participate in the Interconnect program, and more are in discussions with program administrators.

"We are very proud of the success of our KASPER program and feel it is one of the most effective tools available for tracking drug abuse, misuse and diversion within the state of Kentucky," said Acting CHFS Secretary Eric Friedlander. "However, we have a tremendous need to share and receive data from other states, particularly our border states. Joining the InterConnect will dramatically strengthen our ability to monitor and detect abuse."

The need for prescription drug abuse tracking and surveillance is great, particularly in Kentucky, which has the highest rate of opioid abuse in the country, according to a recent report from the Kentucky State Epidemiological

Outcomes Workgroup. In Kentucky, prescription drug deaths have begun to outnumber the amount of deaths attributed to motor vehicle accidents.

PMP InterConnect will enhance the benefits of the KASPER system by providing the means for Kentucky prescribers and pharmacists to more easily identify patients with prescription drug abuse and misuse problems, especially if that patient is crossing state lines to obtain those drugs. Kentucky law enforcement and regulatory agencies will have access to the information as well to assist in the investigation of illegal drug abuse and diversion of controlled substances across state lines.

Several states, including Kentucky, currently allow a prescriber, dispenser or law enforcement officer from another state to register and obtain access to their prescription monitoring program. However, due to the effort required to establish and maintain separate accounts with each state and review multiple reports and formats, only a limited number of practitioners and law enforcement officers have done so.

"The reality is drug abusers and diverters are not obtaining these drugs only in Kentucky and we need tools that provide a broader understanding of where and when drugs are being obtained," said CHFS Inspector General Mary Begley. "We are very excited to join the PMP InterConnect and look forward to the rewards of this partnership."

"KASPER - as well as all other states' prescription monitoring programs - would be more effective if data included all controlled substance prescriptions for a patient regardless of the state in which they were dispensed," said Dave Hopkins, who coordinates the KASPER program. "In fact, this is something our KASPER users have asked for and overwhelmingly support."

The National Association of Boards of Pharmacy (NABP) is paying for all costs associated with the development and implementation of the PMP InterConnect, as well as five years of annual fees for each participating state prescrip-

tion drug monitoring program.

Legislative Efforts Underway

Gov. Beshear supports legislative efforts to attack prescription drug abuse. House Bill 4 (HB 4), sponsored by Speaker Greg Stumbo, would significantly expand the reach of the Kentucky All Schedule Prescription Electronic Reporting (KASPER) by requiring all prescription providers to register and use the system. The bill also creates new standards for information sharing among licensure boards and investigators, and requires regular data review of KASPER reports to root out unusually high prescribing rates for further investigation.

Senate Bill 2 (SB 2), sponsored by Sen. Jimmy Higdon, focuses on pain management clinics. The bill would require that these facilities be owned by a physician and properly licensed.

Education, Interstate Cooperation Efforts Continue

Last fall, Gov. Beshear announced that the Appalachian Regional Commission (ARC) has awarded a \$60,000 grant to Operation UNITE, a regional anti-drug initiative in 29 southern and eastern Kentucky counties. The ARC has directed the grant be used to support several educational summits across the state for physicians and dispensers.

Gov. Beshear and Attorney General Conway will coordinate the summits that will be held in the coming months. Operation UNITE, a state drug initiative, expects these summits will train approximately 1,000 health care providers.

Kentucky also hosted the first meeting of a new Interstate Prescription Drug Abuse Task Force this summer. The task force is composed of representatives from Kentucky, Ohio, West Virginia and Tennessee and includes representatives from government, law enforcement, health care, and advocacy groups. The group is developing ways states can work together to choke off the so-called "pill pipeline" of illegal prescription drugs streaming into those states from the south.



Times Photo by Kayla Mays

The Easter Bunny visited with the kids during the Kiwanis Club Easter Egg Hunt last weekend. Here is Peter Cottontail with (l to r) Grant Wells, Robert McCoy, Lilly McCoy and Kenna McCoy.

Powell County School Calendar (Updated March 5)

April 14

April 16-27

May 6

Prom

Testing (Tentative Dates)

Graduation (Tentative)

POWELL COUNTY COMMUNITY HEALTH FAIR



Thursday, April 12, 2012

5:00 p.m. - 8:00 p.m.

Powell County High School Cafeteria

HEALTH INFORMATION

FREE HEALTH CARE SERVICES

Services Available:

- * Glucose checking
- * BMI
- * Cholesterol Screenings
- * Personal diet assessments

Cholesterol Screenings*

Glucose Testing*

Blood Pressure Checks

Hearing Screenings

Body Mass Index

*MUST BE 18 YEARS OLD

TWO DIETICIANS ON SITE FOR
NUTRITION COUNSELING

COMMUNITY RESOURCE INFO.

INTRODUCING FOR 2012:
The Walking Club
Yoga Classes

- * Morehead State University Nursing Students
- * Adult Education
- * Ky River Foothills
- * Coventry Cares
- * UK Extension Service
- * Powell Co Livestock Association
- * Powell County Schools Food Service

Lots of giveaways !

Screenings presented by : Kentucky River Foothills

Sponsored By: Powell County Cooperative Extension Service, Powell County Family Resource Center, Powell County Youth Services Center, and Powell County Community Education
To Reserve a Booth Space Contact Becky Skidmore @ 606-663-3515 Or Mike Reed @ 606-663-6045

RED RIVER MUSEUM CRAFTS DAY

Saturday, April 14 from 9 am to 5 pm
at the Red River Museum, 4541 Main St., Clay City

Featuring Various Artisans and Crafters

•Wood Working

•Quilting & other
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•Blacksmiths

•Gunsmiths

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And More!!!!



FREE ADMISSION!

Food & Drinks Available

For information call 606-663-0696,
606-521-3471 or 859-771-3323
Website: theredrivermuseum.com
E-mail: theredrivermuseum@yahoo.com

Join us at one of the local landmarks on the National Register of Historic Buildings!

Pirates gains experience at the beach; beat Perry Central 6-0

By GREG MCINTOSH
Times Sportswriter

Frank Spencer took the mound for the Pirates and was stellar. The Pirates were able to generate enough offense to fend off the pesky Commodores by the score of 6 - 0.

The Pirates record stands at 4 - 0. Powell was scheduled to play its first district game of the year on Tuesday against Lee County at the Stanton City Park. The Pirates were scheduled to travel to Menifee County this past Wednesday. Powell travels to Clark County on Friday and is on the road Saturday for a pair of games in Shelby County. The Pirates face host Shelby County at 11 a.m. and Conner at 1 p.m.

Photo submitted by Maria Reed
Powell's Matt Pelfrey slides, head-first, safely into third base against Perry Central last weekend. The Pirates beat the Commodores, 6-0 and are entering this week's play with a 4-0 record.



Powell County Sports Home Calendar

April 5

PCMS Baseball vs. Bourbon County

PCMS Softball vs. Estill County

April 7

PCMS Baseball Bill Rose Classic

PCMS Softball vs. Jackson City

April 9

PCMS Baseball vs. Clark County

April 10

PCHS Baseball vs. Estill County

PCMS Softball vs. Royal Springs

April 12

PCHS Baseball vs. Clark County



Times Photo by James Cook
Lady Pirate Ashleigh Bolduc applies the tag to a Menifee County runner last week in softball action as pitcher Emily Watson (12) and second baseman Shawnda Maynard watch. The Lady Pirates have started out a little rocky. Of the 19 active players on the roster, 14 are sophomores and freshmen. The team is 3-7, losing a couple of close games, as they enter this week's play.

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- CRAZY BREAD. **\$1.99**
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Red River Soccer Club

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Friday 4-6-12 @ 5pm – 7pm

Saturday 4-7-12 @ 5pm – 7pm

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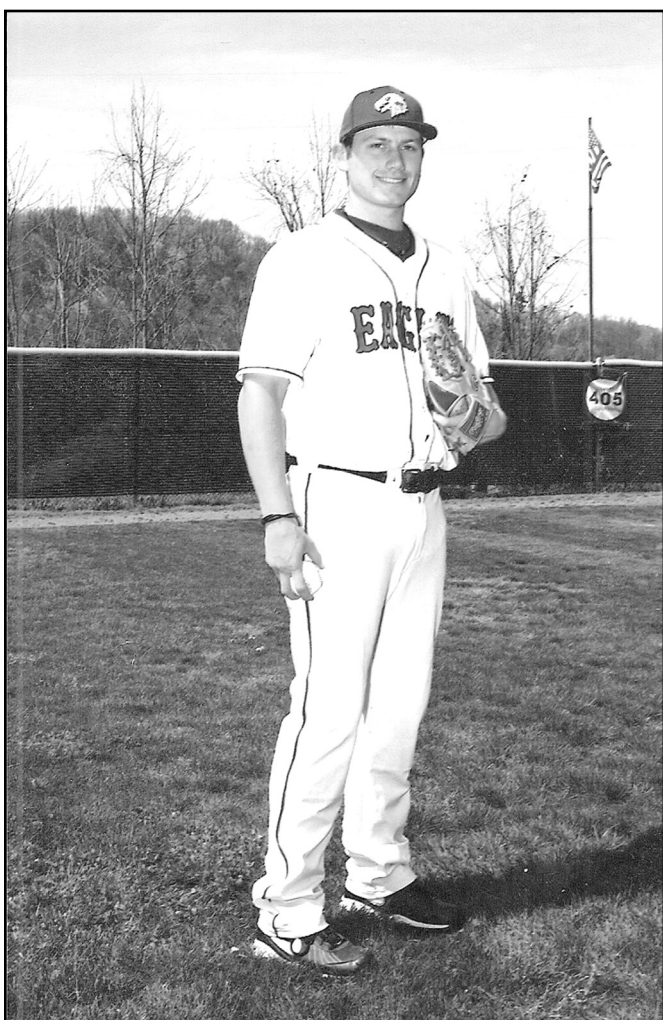
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Cory Brewer

Brewer named as KIAC pitcher of the week

Alice Lloyd College Junior Cory Brewer was named KIAC baseball pitcher of the week by KIAC officials on Monday, March 26.

Brewer pitched a three hit complete game shut-out to lead the Eagles to a 1-0 win against Asbury University on Friday, March 23. The host Eagles scored a lone run in the bottom of the first inning.

Alice Lloyd returned to conference play Friday, March 30 against Indiana University Southeast.

Brewer is a 2008 graduate of Powell County High School and former Pirate Baseball Player.

Red River Gorge Zipline Tours offering employer discounts

Summer is in the air and employees everywhere are looking for some fun. Plus they are looking for a break, with gas prices the way they are. So \$25 Off Employee Discount cards available free to area businesses in the Lexington, Eastern Kentucky and surrounding regions to give to their employees sounds like what you may be looking for.

Employers can now let their employees experience adventures at the Red River Gorge Zipline at a discount by participating in this free program.

Thanks to a promotion offered by Red River Gorge Zipline and Canopy Tours at the Cliffview Resort many of these employees will get a chance to leave the stress

of the work week behind and soar through the Daniel Boone Forest and over the Red River Gorge.

Local businesses in the Lexington, Eastern Kentucky and surrounding regions with 20 or more employees can take advantage of this promotion by simply distributing \$25 off discount cards to employees.

There is no cost or obligation to the employer. All the business has to do is ask for the discount cards to be mailed to the business.

There are five lines at the Red River Gorge varying in length from a few hundred to more than 1,900 feet. Dual racing lines are also available so the competitive can race through the air over the gorge at speeds up to 55 mph.

Zipline tours are offered all year long. The area is known for the natural beauty found in the cliffs, waterfalls, canyons, and forests.

The Cliffview Resort offers an inn and cabins for visitors along with meeting facilities, an activity center, picnic shelters, a heliport, and everything else needed for a relaxing get together or corporate meeting.

The zipline tours and Cliffview Resort is located at 455 Cliffview Road in Campton, Kentucky. Contact Amy Sellin at the Red River Gorge Zipline Tours at 1-888-605-2609 if you are a business that would like to take advantage of this no-cost or obligation offer.



Photo submitted

The Pirates baseball team spent their Spring Break at the Cal Ripken Experience in Myrtle Beach.

THE CLAY CITY TIMES

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Easter Blessings



*From the Staff and Management of
Moore Country WSKV*

Mountain Mushroom Festival—Irvine, KY
Saturday April 28th—Sunday April 29th



WSKV will be there for live remote broadcasts throughout the festival. Stop by our booth and say hello.

We'll have  products on ice!

For More Information Contact 606-723-1233
or visit online at
mountainmushroomfestival.org

Church Directory

ASSEMBLY OF GOD
Stanton Assembly of God, Washington St., Stanton, 663-0198, Pastor Edward Tackett, Sunday School 10 am; Worship Service 11 am and 6 pm.

BAPTIST
Baptist Worship Center of Mt. Sterling, 100 Howard Ave. (behind courthouse), Mt. Sterling; worship, 10:45 a.m. Pastor, Travis Drake. A people church where everyone is someone special. Nursery provided. Information: George Drake 859-498-3933.

Clay City Baptist, 7th St. & 8th Ave., Clay City, Grider Denney, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Evening Service 7 pm.

Emmanuel Baptist, 745 W Highway 15 (across from PCHS) Stanton. Ph: 663-1300. Pastor Greg Webb; Services: Sunday School 9:45 am, Morning Worship 11:00 am, Evening Worship 6 pm, Wednesday Night Bible Study, 7 pm.

Faith Freewill Baptist Church, 130 Washington Street, Stanton, KY 40380, Pastor: Ireland Sexton. Phone 606-663-0073.

Friendship Baptist Church, 105 Bluebird Lane (off Virden Ridge Rd.) Clay City, Clyde Spencer, Pastor, Sunday School 10 am; Worship Service Sunday, 11 am; Worship Service Saturday 6 pm.

Mill Knob Baptist Church, 21 Rice Rd., Stanton, off Peck's Creek. Pastor, Warren Rogers 606-481-0444. Sunday School 10 a.m.; Worship at 11 a.m. Evening Worship 6 p.m. Wednesday service 7 p.m.

Morris Creek Missionary Baptist, Hwy. 213 North, Pastor Kevin Chaney. Sunday School 10 am, worship 10:45 am, Sunday night, 6 pm

Powell's Valley Baptist, 125 Powell's Valley Rd., Clay City; Gary Willoughby, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday service 6 pm.

Rehoboth Baptist Mission, 663-1950; Gary Hurt, Min., Sunday School 10 am; Morning Service 11 am; Sunday Evening 6 pm; Wednesday Service 7 pm.

Stanton Baptist, 42 E. College Ave., Stanton, Ph. 663-2170; Troy Luttrell , Min., Sunday School 9:45 am; Worship Service 11 am and 6 pm; AWANAS Wednesday 6:30-8 pm & Wednesday Service 7:00 pm.

West Bend Baptist, 10124 Winchester Rd. Sunday School 10 a.m.; Sunday Service 11:15 a.m. Pastor John C. Taylor. Phone 1-859-270-1599.

Calvary Baptist Church, Stokely Loop, Clay City, 663-1890; Johnny Hurt, Pastor, Sunday School 10 am; Worship 11 am; Evening Service 6 pm; Wednesday Service 6 pm.

Three Crosses Baptist Church, Clay City.

Unity Freewill Baptist Church, U.S. 460, Camargo, Pastor: Mark McIntosh, Services: Sunday School at 10 a.m. Morning worship at 11 a.m. Sunday evening at 6 p.m., Wednesday at 7 p.m.

CATHOLIC
Our Lady Of The Mountains Church, 1093 E. College Ave., 663-5919; Sister Mary Jane Kreidler, pastoral director, and Father Al Fritsch, parish priest. Tuesday and Friday Mass 4:30 pm

CHRISTIAN
Stanton Christian, 100 West Church Street, Stanton, 663-2458; David Bowden, Min., Sunday School 9:30 a.m.; Worship Service 10:30 a.m.

and 6 p.m. Wednesday service 7 p.m.

CHURCH OF CHRIST
Bowen Church of Christ, Luke Newell - 1st and 3rd Sunday; Daniel Newell - 2nd and 4th Sunday.

Cat Creek Church of Christ, Eugene Reed , Relzda McNabb, and Dwaine Meadows Min. Sunday School 10 a.m.; morning worship 11 a.m.; evening service 6p.m.' Wednesday 7 p.m.

Clay City Church of Christ, 5719 Main St., Clay City, Mack C. Rice, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm.

Stanton Church of Christ, 255 N. Main St., 663-5327; Brock Hartwigsen, Min., Sunday Service 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm.

CHURCH OF GOD
Ark of Mercy Church of God, 13 W. Broadway, Winchester, 859-745-0700; Healing, Deliverance and prayer services every Saturday night at 6 pm.

Bowen First Church of God, Hwy. 15, 663-0751; Bro. Stephen Donithan, Min., Bowen, Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm.

Clay City First Church of God, 4236 Main St., Ph. 663-2810; Garland Lacy, Min., Sunday School 10 am; Worship Service 10:45 am and 6 pm; Wednesday Service 7 pm.

Emmanuel Tabernacle Church of God, Pastor: Kyle Shoupe; 859-749-4067; Sunday School, 1 pm, Worship Service, 2 pm; Sunday Night Service, 6:30 pm; Wed. night service, 7:00 pm; For more information 663-2266 or 663-8118.. Everyone is welcome.

Grace Fellowship Church of God of Prophecy, 775 E. College Ave., Willard Estep, Min., Sunday School 10 am; Worship Service 11 am & 6:30 pm, Wednesday Service 7 pm.

Goff Corner Independent First Church of God, Sunday School 10 am; Worship Service 11 am; Evening Service 6 pm. Pastor, Gary Mathis

Harg First Church of God, Sunday Service 11:00 a.m.

Hatcher's Creek Church of God, Dale Sparks, Min., Worship Service 10:30 am and 6:30 pm.

Knowlton Church of God, Furnace Rd., Stanton, Kenny Wasson, Min, Sunday School 10 am; Worship Service 6 pm.; Wednesday Service 6 p.m.

Living Water Church, 780 North Fork Rd., Ph. 663-1979; Dale Hale, Sunday School 10 am; Morning Worship Services 11 am and Sunday Night 6 pm; Wednesday Service 7 pm.

More Than Enough Ministries Church of God, 1236 College St., Stanton, KY. Service Fridays 5-7 p.m., Clothing Giveaway Director Betsy A. Caudill , home (606)663-7849, cell (606)304-8838,

Morris Creek First Church of God, 1669 Morris Creek Rd., Stanton, Raymond Tip-ton, Min., Sunday School 10 am; Worship Service 10:45 am and 6 pm; Wednesday Service 7 pm.

Mountain Parkway Church of God, 30 Adams Ridge Rd., Dale Payne, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm.

New Beginnings Church of God, 1091 Irvine Road, Hwy. 82, Clay City; Pastors Patty and Billie Utterback, Sunday School 11 am; Sunday Worship Services 12 pm. Tuesday Bible Study 6 pm., Wednesday

and Saturday 7 pm.

Slade Church of God, Sunday School 10 am; Sunday Worship 11 am; Sunday Night Service 6 pm. Pastors: Bill White . Campers Welcome.

South Fork Church of God, Services Friday 7 p.m.; Sunday 11 a.m. Pastor Wilford Dale Helton.

Stacy Road Church of God, Irvine, James and David Riddell, Min, Sunday Service 7 pm; Wednesday and Friday Service 7 p.m.

Stanton First Church of God, 980 E. College Ave. P.O. Box 325, Sunday School 10 am; Worship Service 10:45 am and 6 pm; Wednesday Service 7 pm. Anthony T.;. Molihan minister.

Vaughn's Mill First Church of God, Hardwick's Creek Rd., Clay City, Teddie Linkous, Min.; Sunday School 9:45 am; Worship Service 10:45 am and 6:30; Wednesday Service 7 pm.

Vaughn's Mill Full Gospel Church of God, Located off KY 2001 and Happy Top Road in Clay City. Services are: Sunday 10 a.m., Worship at 11 a.m.; Sunday evening at 6 p.m.; Thursday evening at 7 p.m. Everyone welcome.

West Bend Church of God, 9866 Winchester Rd., Clay City, KY 40312, Ph. 663-9210. Pastor Bro. Ray Wyant , home phone 859-498-2262 Sunday School 9:45 am; Worship Service 10:45 am and 6:00 pm., youth service 7 p.m. Wednesday prayer services at 7 p.m.

West Bend First Church of God, 8861 Winchester Rd., Clay City, KY Pastor James Combs, Sunday School 10:00 a.m., Worship service 11 a.m. and 6:30 p.m. Wednesday youth service, 6:30 p.m. Wednesday prayer service, 6:30 p.m.

Christian Fellowship Church of God, 4627 Main St., Clay City, Pastor Harold G. Kelly, Sunday School 10 am; Sunday Morning Worship Service 10:45 am and Sunday Night Service 6:00 pm; Wednesday Service 7:00 pm.

Walnut Grove Church of God, North Fork Road, Stanton, Rothiel King Pastor, Sunday Morning Service 10 am; Night service 6 pm.

LUTHERAN
Grace Lutheran Church, 108 Hemlock Dr., Winchester, Sunday School 9:15 am, Worship 10:30 am, 745-2873

UNITED METHODIST
Clay City United Methodist, 7th St., Kim Rose, Min., Sunday School 10:00 am; Worship Service 11 am and 6 pm; Wednesday Bible Study 6:30 pm.

Hardwicks Creek United Methodist, Hardwicks Creek, Rev. Michael Cobb Min., Sunday School 10 am; Worship Service 11 am & 5 pm; Wednesday Service 6 pm.

Shiloh United Methodist, 2652 Campton Rd. (SR 11 & 15) Stanton, Ph. 663-5633; Brandon Candee, Min., Sunday School 10 am; Worship Service 11 am and 6:30 pm; Youth Ministries, 6:30 pm Sunday; Bible study 6:30 p.m. Wednesdays.

West Bend United Methodist, 8677 Winchester Rd., Clay City, Ph. 663-5534; Michael R.Guertin, Pastor, (931) 237-0569; Sunday School 10 a.m., Sunday Worship, 11 am and 6 p.m.; Wed. Bible Study 7 p.m.

PENTECOSTAL
Harvestime Assembly 480 E. College Ave., Stanton; Sunday, 10 am, 11 am and 6 pm;

Wednesday, 7 pm. Rev. Tony Story, 606-663-9866.

Seven Candles Holiness Pentecostal Church, Old Route 11, Montgomery Co., Wallace Boian, Min., Worship Service Thursday, 7 pm; Saturday, 7 pm.

PRESBYTERIAN
First Presbyterian, Phillip Pogue, 420 N. Main St., Stanton, Ph. 663-2914; Sunday School 9:30 am; Worship Service 10:45 am and 7:00 pm; Wednesday Service 7:00 pm.

OTHER
Airport Chapel, Stanton, Scoby Faulkner, Min.

Blessed Assurance Church, 44 N. Main St., Stanton; Curtis Shephard, pastor. Sunday School 10 a.m.; morning worship 11 a.m.; Sunday night 6 p.m.; Thursday 7 p.m.

Church of Jesus Christ of Latter-day Saints, 1085 Grand Ave., Beattyville. Branch president, James R. Ellison; Sacrament meeting, 10:30-11:30; Sunday School 11:40-12:20; Priesthood and relief society 12:20-1 p.m.; missionaries phone 859-432-9584. Ronald E. Roberts 1st Counselor in the branch presidency, 1452 Brookside Dr., Stanton. Phone 606-481-9770

Three Cross Mission Church, Sunday School 10 am, Worship Service 11 am & 6 pm and Wednesday Service 6:30 pm, Clay City, KY

Highway of Holiness, Black Creek Rd., Clay City, Pastor Wendell Hurt, Every Sat. night at 7 pm. Everyone welcome.

Franklin Ave. Church of the Living God. Pastor: Tom Hall. Sunday School: 9:30-10:30 a.m.; Worship Service: 10:45 a.m.-12 p.m.; Wednesday Bible Study: 7-8 p.m. Phone: 859-745-1865.

Full Gospel Church, 27 Hunter Ln., Clay City; Pastor, Ralph Banks; Sunday Services 6 p.m., Wednesday, 7 p.m.; Saturday, 7 p.m.

Full Gospel Lighthouse, Fifth Ave., Clay City, Sammy Faulkner, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm

Full Gospel Evangelistic Ministry Church 1972 Winchester Road, Irvine; 859-351-9854; Pastor Larry Collins, Sunday Worship 11 a.m.; Wed. 7 p.m.

House of Prayer For All People, Helton Mtn., Slade, Dale Helton, Min., Worship Service, Sunday 2 pm.

Living Water Church, 780 North Fork Rd., Stanton, pastor Donald W. Hale; Phone 606-768-6007.

Nada Baptist Mission, Tunnel Rd., Dr. John Owen, pastor; Phone 859-744-2884. Services 3:15 Sunday School; 4 p.m. worship.

Pine Grove C.M.E. Church, 9575 Winchester Rd., Clay City KY 40312. Sunday School: 10 am.; worship service 11 a.m.; Pastor, Diane Flora.

Outreach Church, Rice Station, Sunday worship 11 a.m.; Wednesday prayer meeting, 7 p.m. Pastor, Terry Hymer.

The Mission, Non-denominational Church, 3095 Main St./, Clay City. Pastor: George Sparks, 606 -66 3-0847. Services 7 p.m. Friday.

Wings of Love Church, 7283 Winchester Rd., Clay City, Ricky Shuler, pastor, Children's Sunday School, 5:30 p.m., Sunday Service 6:30 p.m.; Wednesday night 7 p.m.

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ENCOURAGING WORD: A New Day Dawned



Howard Coop
Guest Columnist

body before final burial, they began the trip to that borrowed tomb where the body of Jesus awaited final burial.

It was still dark on the first day of the week after the Passover. Mary Magdalene, Mary the mother of James, and Salome made preparations for the day. So much had happened that, for them, everything seemed to be over. They faced demanding responsibilities, and those responsibilities had to be met. But regardless pf the circumstance, life goes on, and a new day was dawning.

Expectations for the day were low and their spirits were lower as those three women prepared for a lonely walk through the dark and narrow streets of Jerusalem to a borrowed tomb outside the wall of the city to fulfill a most unpleasant responsibility. With the customary spices used to anoint a

Knowing that the tomb had been sealed with a large stone and a guard posted by Roman authorities, an annoying question filled their anxious minds as they plodded along the dreary streets: "Who will roll the stone away from the entrance to the tomb?" Then, they felt the ground shake beneath their feet; "there was a violent earthquake." When they arrived at the tomb, the guards became "like dead men," and the large stone that sealed the tomb had been mysteriously rolled away. The open tomb was empty. They thought the worst had happened; the body of Jesus had been stolen.

But things are not always what they seem, and Yogi Berra was right when he said, "It ain't over till it's over." Although those three women thought so, things weren't over that morning. Someone Mary thought to be the gardener called her by name, and she knew! He who had been dead was alive! He had been raised from a dead level to a living perpendicular, and all was well.

As the first rays of sunlight came over the Mount of Olives, a day, surprisingly news, dawned bright and beautiful.

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2007 CHEVY MALIBU LS, 4CYL, FWD, 34 MPG HWY, LEATHER SEATS, LOADED, LOW MILES! \$10,987. (877)628-4101.

2010 CHRYSLER PT CRUISER, 4CYL, FWD, PW/L, CRUISE, CD, ROOMY, NICE! \$11,979. (877)628-4101.

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EMPLOYMENT

DRIVERS: \$1,100.00 weekly pay Guaranteed! Growing Dedicated Account! Must be able to unload, have CDL-A w/18 mo. exp. Riverside Transport: (800)397-2627.

ENERGETIC PEOPLE person needed for Winchester company that works w/developmentally disabled. Needs car and clean background for weekend & overnight shifts. EOE. (859)595-5669.



EQUAL HOUSING OPPORTUNITY

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex or national origin, or an intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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FOR LEASE: JONAH PROPERTIES, LLC Duplex Apartments Logan Lane, Stanton. 2BR, 2BA and 3BR, 2BA units. Washer/Dryer Hook-up. (606)422-3350 (days), (606)663-5776 (evenings)

FOR LEASE; Commercial Office space available, approximately 1,500 sq. ft. in prime location, 210 North Main St., Stanton. Ph 663-2069 or 663-4248.

FOR RENT

1BR APT and cabin; minutes from town, nice quiet, yards mowed by owner, W/D hook-ups, all bills paid, \$100 deposit, \$120-\$130wkly. (606)663-8145.

1BR 1BA Mobile home in Clay City. \$250 per month. Dep. & references required. (606)663-0954.

2BR 1BA Mobile home; private, W/D hookup, laundry room, stove, refrigerator furnished. Rent/\$350, \$250/dep. Call (859)608-4475.

4BR 2-STORY farmhouse 3mi. from Clay City. \$400 per mth plus \$400 dep. Call after 5pm, (859)771-7783.

NICE 3BR Apartment; central air, W/D hook-up, 3BA, you pay utilities. \$550 per month, \$200/dep. 2nd and 5th Ave., Clay City. (606)663-4305, after 5pm.

C O M M E R C I A L **STOREFRONT** retail space for rent. Located on Main St., Irvine. (606)723-0466.

NICE 14X70 Trailer for rent; 3BR, 2BA with W/D, \$120/wk. (859)771-4859.

EXTRA NICE, well maintained, one and two BR apartments for rent. All major bills included. Call (606)663-2370.

3BR MOBILE Home for rent. Located 3rd Ave., #35, Clay City. \$350/rent, \$300/dep. Call (859)582-7122 or (859)314-4151.

APARTMENTS FOR rent; 3BR townhouse at \$135/per week or 2BR Duplex at \$100/per week with 1 yr. lease. \$200/dep. You pay utilities (606)663-4985 or (606)481-0585. HUD Approved.

LIVESTOCK

GRASS TIME Angus Sale; Mon/Apr 9th, 7pm, Chenault Ag. Center, Mt. Sterling, KY. Selling 70 Angus bulls, 55 registered Angus females and 80 commercial females. Contact John McDonald at (859)404-1406.

MISC FOR SALE

SPLIT FIREWOOD for sale: Mixed hardwood. \$170 per cord delivered. Please call (606)663-6546.

'93 WACO 20ft. pontoon boat; late 90's, 90hp Honda 4-stroke motor, center console, 55 thrust motor guide trolling motor, tandum trailer, \$5,500.00 Please call (859)582-2940.

'04 PACE American enclosed trailer; 24 ft., near new aluminum wheels with tires, warn winch, \$5,500.00. Please call (859)582-2940.

MOBILE HOMES

0 DOWN for qualified buyers. Call for more details. (859)623-9405.

AGED INVENTORY: 3 homes on our lot below invoice. Hurry, won't last long. Call (859)623-9404.

NEW LAND Improvement Packages and Turn Key Housing!! Your Land or Family Land. CALL Now to Apply. (606)474-2083.

BANK FORECLOSURES With and Without Land. Some are Move-In Ready. (866)597-2083.

NOTICE TO CREDITORS

Estate of: William W. Curtis Executrix: Allie F. Curtis, 9770 Winchester Rd., Clay City, KY 40312, Date Apptd: 03-27-12

Notice is given by the Powell District court that administration has been given in the above estate. All persons having claims against the estate have six months from the date of appointment to file the claim properly with the respective representative.

Darlene Drake, Clerk
Powell District Court
Stanton, KY 40380
(606)663-4141

SERVICES

NEED YOUR grass cut? Text Dillon Spencer at (606)481-1040.

PAW'S GARDEN Tilling Service Specializing in garden preparation. Example: 20X40 plot ready to plant=\$50. Discount on multiples. Call (859)497-0543 or cell, (859)585-1994.

R&J'S LAWN Care. Call (606)481-9315 or (606)663-5978. Ask for Jeremy or Eddie.

GARDEN TILLING, Small acreage bushhogging, 3-5 ton gravel hauled and spread. Powell and surrounding counties. (859)771-1852 or (606)663-0838.

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TRACTOR AND Farm equipment repairs. We come to you. Call and ask Randy about our services. (606)726-9277.

WANTED

WOULD LIKE to lease 50+ acres for cattle in Powell, Montgomery or surrounding counties. (859)582-0293 or (615)305-7244.

LOOKING FOR Mr/Miss Relaxed. Needs car and clean background to work with developmentally disabled. EOE. (859)595-5669.

YARD SALE

SAT/APRIL 7th at 1st right after brick plant on Roberts Rd. Furniture, girls clothing 0-2yrs., tools. Signs posted.

FRI/APR 6, Sat/Apr 7, 9am-?, 850 Boone Creek Rd. Follow signs to end of road. Clothing, shoes, purses, costume jewelry, bedspreads, curtains, glassware, pictures, lots of good things.

CITIZEN VOICE & TIMES

ANIMALS/PETS

FREE PUPPIES to good home. Leave message, 723-4603.

REWARD \$50 Lost Calico Cat, long-hair, Crooked Creek area, Estill County. (859)582-6282.

CKC PUG Puppies; 3 males, 1st shots & wormed. \$200/each. (606)723-0874.

STOP SCRATCHING and gnawing. Promote healing & hair growth. Stamp out ITCHAMCALLITS on dogs & cats with Happy Jack® Skin Balm. **BILLINGS TRUE VALUE** (606)663-2848. (www.happyjackinc.com)

ANNOUNCEMENTS

CARRYING CONCEALED deadly weapons classes; Next class will be May 20th. Call (606)723-4458, email gunskills@irvineonline.net or go to www.essentialgunskills.com for more info., Mike & Helen Howard.

EMPLOYMENT

DRIVERS: \$1,100.00 weekly pay Guaranteed! Growing Dedicated Account! Must be able to unload, have CDL-A w/18 mo. exp. Riverside Transport: (800)397-2627.

DRIVERS: CDL & Non-CDL Needed for Local & Regional Work. Gone 3 Nights/wk. Professional Expediting: (888)589-7761.

FOR RENT

3BR HOUSE for rent in Irvine. Must have references. (606)723-5898.

2BR HOUSE for rent; W/D hookup, stove, refrig. furnished, A/C, newly remodeled, clean. For more info, call (606)726-9163.

3BR APT for rent; upstairs, \$400 per month plus deposit. Call (606)723-3856 or (606)726-9727.

C O M M E R C I A L **STOREFRONT** retail space for rent. Located on Main St., Irvine. (606)723-0466.

1BR APT for rent; Estill Ave., fully furnished: TV, stereo, pots & pans, etc, just bring clothes. No washer or dryer hookup. \$350/mth. Call (606)643-5269. Ask for Ernest.

LIVESTOCK

GRASS TIME Angus Sale; Mon/Apr. 9th, 7:00pm., Chenault Ag Center, Mt. Sterling, KY. Selling 70 Angus bulls, 55 registered Angus females and 80 commercial females. Contact John McDonald at (859)404-1406.

MISC. FOR SALE

FORSALE: Storage Buildings, Save \$400-\$500 on any an all buildings; any size. Can be seen at 115 Springview Rd. or call (859)248-4050. I will save you money.

FOR SALE or trade: PlayStation® II System, car speakers and misc. items. Also do any kind of work on go-carts, dirt bikes, lawn mowers, etc. Call (606)723-0871.

HOUSEBOAT 30FT long, 40 HP, vinyl siding. (606)723-4925.

SPLIT FIREWOOD for sale. Mixed hardwood, \$170 per cord, delivered. Call (606)663-6546.

'93 WACO 20ft. pontoon boat; late 90's, 90hp Honda 4-stroke motor, center console, 55 thrust motor guide trolling motor, tandum trailer, \$5,500.00 Call (859)582-2940.

'04 PACE American enclosed trailer; 24 ft., near new aluminum wheels with tires, warn winch, \$5,500.00. Call (859)582-2940.

FOR SALE: 2 full-size antique cherry beds. For more info., call 723-5161 Mon-Tues (9:00-5:00) & Thur-Fri (9:00-4:00)

MOBILE HOMES

0 DOWN for qualified buyers. Call for more details. (859)623-9405.

AGED INVENTORY: 3 Homes on our lot below invoice. Hurry, won't last long. Call (859)623-9404.

Auction

Saturday, April 14, 2012 • 9 am

Hampton Farms and Machinery Co.

Farm Machinery and Construction Equipmen

Consignment Auction

LOCATION: 522 East Washington Street, Winchester, KY
DIRECTIONS: From I-46 take exit 96 South and go .3 of a mile to the Veteran's Memorial Bypass/Highway. Turn left and go to the end of the Bypass. Turn right and go 1/4 mile to auction on the left.

ACCEPTING CONSIGNMENTS-APRIL 9-13

Goebel Auction Co. Inc. has been authorized by Hampton's Farm and Machinery to sell the following described items at auction on the above given date and time.

We have several items consigned and are needing good tractors, farm and construction equipment. We have several out of state buyers as well as our local buyers. We give ride and drive on the lot and have no buyer's premium.

AUCTION MANAGERS: Randy Hampton 859-749-1911, Daryl Tyler 865-806-7035

Following is a partial list of items to be sold:

7740 Ford with cab-heat and air, 2940 John Deere with 148 loader, 5610 Ford, 5400 JD 4x4 with JD 540 loader 130 actual hours, 4630 John Deere with cab-heat and air, nice, 8000 hours, 4440 JD CHA power shift, RTV 900 Kubota with soft cab, Cub Cadet utility vehicle with Kawaski engine, Multiquip 90 Air Compressor, John Deere 600 A highboy, 5A200 Lincoln Welder, Worthington 160 Air Compressor with JD 219 Engine and hammer, 550 Gas Fuel tank and pump, 853 New Hollon roller, 435 IH square baler, 315 NH square baler, 8 and 10 foot wheelbarrows, 4320 JD tractor console, 20 ft. Gooseneck cattle trailer, Dearborn fertilizer spreader, 20 ft., wagon, 565 A Hesston roller with monitor, nice, 2030 JD tractor, 146 JD tractor, 146 JD loader, 2460 Long tractor, 580 C Case backhoe, 40 Massey tractor, Holland tobacco setter, riding lawn mowers, 6 bale hay mover, woods 15 ft. batwing finish mower, 1997 Ford F800 16 ft. flat-air brakes and 5.9 Cumming engine, 124,000 miles, nice, 5635 Ford/New Holland, 4x4 with loader 2200 hrs. and much more.

TERMS: Cash or good check.

AUCTIONEER'S NOTE: If you have real estate, farmland, construction machinery, estates, sell outs or liquidations that you are thinking about selling, give one of our professionals a call and our experienced staff will be glad to give you an appraisal. Contact auction manager Randy Hampton, 859-749-1911 for more information and consignments.

COMMISSION RATES: \$1000 or less 10%; 1001.00 and above 8%-\$400 max per item. Construction equipment will be 10% for \$20,000 or less with max at \$1,000 per lot. Over \$20,000 will be 5%

Next auction date is July 14, 2012

Go to www.goebelauction.com for photos

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Announcements day of Auction take precedence over printed material.

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1,2,3 Bedroom Units

Powell Village/Stanton Place

Call Kathy Caldwell

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1-606-663-0489/1-606-663-4746

TDD: 1-800-648-6056



NICE MOBILE for sale; 14x70, within city limits. Call (859)229-5819 or (859)885-4133.

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WANTED

WANT TO lease pasture in Irvine or surrounding counties for livestock. Need 40+/- acres. Call (606)726-0225.

YARD SALE

GIGANTIC YARD Sale Sat/ April 7th from 8-? at 2779 Dug Hill Rd., Irvine, Rain or Shine. Baby furniture, assorted sized comforters, assorted sized clothing for girls and boys. For more info call (606)723-6690.

STATEWIDE

ANNOUNCEMENTS

Reach almost 2 million readers with one call! Contact the classified department of this newspaper or call KPS at 1-502-223-8821 for more information about placing a 25-word classified in 80 newspapers for only \$250

AUCTIONS

ABSOLUTE AUCTION- TUESDAY, APRIL 17, 2012...10:07 AM- 637 ACRES- 45 TRACTS- 2 HOMES- 8 BARNs- CROPLAND- PASTURE- FARMSTEADS- Inspections: See website for dates & times-

Location: Hodgenville Community KY 1607, Larue County, KY.- CALL **BILLY FRANK HARNED** AUCTIONEER 502-348-5025- **HARNED AUCTIONEERS, LLC- WWW. BILLYFRANKHARNED.COM-** Nicholas #1103

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ATTEND COLLEGE **ONLINE** from Home. *Medical, *Business, *Criminal Justice, *Hospitality. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call 866-460-9765 **www. CenturaOnline.com**

SAWMILLS from only \$3997.00- **MAKE & SAVE MONEY** with your own bandmill- Cut lumber any dimension. In stock ready to ship. **FREE** info/DVD: **www. NorwoodSawmills.com** 1-800-578-1363 Ext.300N

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APPLY NOW! CDL Drivers in Demand! Get your CDL Training in 16 days at Truck America Training and go to work! VA & WIA Approved. Tuition Financing Available. 1st yr. avg. \$38-40,000 per ATA (502)955-6388 or (866)244-3644

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Class-A CDL Training, Delta Career Academy. WIA approved. Job placement assistance. Tuition reimbursement available. Hiring for TMC/ Werner. BBB accredited. Mt. Sterling, KY, 859-498-9988, 800-883-0171

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Driver Trainee Needed Now! Learn to drive for TMC Transportation! Earn \$750 per week! No experience needed! Local CDL Training! Job ready in 3 weeks! 1-877-243-1812

Drivers- CDL-A. **DRIVE WITH PRIDE.** Up to \$3,000 Sign-On Bonus for Qualified Drivers! CDL & 6mo. OTR exp. **REQ'D USA TRUCK.** 877-521-5775 **www.usatruck.jobs**

Drivers- CDL-A OTR **DRIVERS** Start up to .44 cpm *Home Most Weekends *Flatbed exp. **PREF'D** Call Today! 800-441-4271 X KY-100 **HornadyTransportation.com**

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New pay increases coming soon. Experienced Drivers also Needed! Central Refrigerated (877)369-7192 **www. centraltruckdrivingjobs.com**

Drivers: **OWNER OPERATORS NEEDED IN THE LOUISVILLE, KY AREA. LONG HAUL, LOCAL RUNS AVAILABLE.** Vans, Flats, Step Decks and Reefers Wanted. **NOR** Forced Dispatch and 48 Hour Pay. 80% To The Owner Operator. Call 502-797-1344 OR 502-637-5053

Experienced Tanker/ Flatbed Drivers! *Strong Freight Network *Stability *Great Pay. Every Second Counts! Call Today! 800-277-0212 or **www. primeinc.com**

Flatbed Drivers: New Pay Scale- Start @ .37 cpm. Up to .04 cpm Mileage Bonus. Home Weekends. Insurance & 401K Apply at **Boydandsons.com** 800-648-9915

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CALL 606-663-5540 to place your ad in the Classifieds!

AUCTION

ANTIQUE FURNITURE & COLLECTOR DISHES

APRIL 21, 2012 1:00 P.M.

LIONS CLUB PARK, STANTON, KY

From Mt. Pkwy. Take Hwy. 213 N. to Hwy 599, Go 1 Mile



Gone With The Wind Lamps



Victorian Settee w/ 3 Matching Chairs

We have been employed by the owners to sell at auction, a part of their collections of antiques, dishes and household items due to their downsizing. The following items are just a part of the items to be offered. Terms and Directions offered below. For a more complete list of photos go to **rrrealtyandauction.com** or on facebook. We are also on **auctionzip.com** (keywords-antiques and zip code is 40380)

DISHES: 3 Sets of China, 8 pc. Setting; 1 Partial Set China (cups, saucers, plates); Set Ruby Red Depression Glassware (full set of 8 plus extra bowl set); Partial set of Apple Pattern Dishes.15 Pcs.; Pink Depression ware including-Cake plate, sandwich plates; Fostoria Crystal dish set-Century Pattern - (full set of 8 incl. sherbet glasses, water glasses, tea glasses); Cut Crystal set of Dishes full set of 8 (60 -70 yrs. old); 2 Cut Crystal Cake Plates, Assorted Cut Crystal Bowls, Antique water pitchers, 8 Pc. Setting Dishware, Turkey Pattern (8 plates, 8 salad bowls & Platter); Several German Sandwich Plates, Hand Painted; Several Gone With The Wind Kerosene Lamps (rare)

FURNITURE: Victorian Secretary-Cherry, Victorian Settee with 3 matching chairs (1 armchair), 1940's Radio Cabinet, 3 Gate leg Style Tables, Cherry Poster Bed (tall style), 10 Separate Exercise Equipment Pcs., 3 pc. Oak Bed Room Set (bed, chest, night stand, Broyhill Living Rm. Set - Sofa & 2 Wing back chairs, 5 Antique Mantle Clocks, 5 Cuckoo Clocks, Martha Washington Sewing Cabinet (very old), Antique Pedal Style Singer Sewing Machine (fully functional), Cherry Tea Cart -Victorian Style (w/2 leaves), Handmade Quilts, Numerous other items.

(Watch & Listen for Ads & Flyers)

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Red River Realty & Auction

40 S. Main Stanton, Ky. 40380

Ovie Hollon, Principal Broker/Auctioneer

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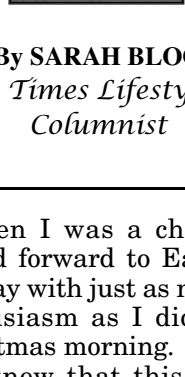
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Much more than Peter Cottontail . . .



By SARAH BLOOM
Times Lifestyle
Columnist

When I was a child I looked forward to Easter Sunday with just as much enthusiasm as I did for Christmas morning.

I knew that this was the time of year when I always got a beautiful new church dress, shiny shoes and a pretty hat with a matching bow. Mom made sure my brother and I looked our best for this special church day.

To make it even more exciting I knew that Peter Cottontail was on the trail bringing good little girls and boys baskets full of goodies.

I would go around singing, "Here comes Peter Cottontail, hopping down the bunny trail, hippity, hoppity Easter is on its way!"

My parents and family traditions always made this time of year special. Mom had a gift for making each Easter basket unique in her own way.

One year I had repeatedly hinted that it would be so wonderful to get roses in my basket. When I say that I hinted I mean I probably said something to her

on a daily basis in the month leading up to the big day because I knew she had an inside line to the big bunny himself. She would always smile at me with that knowing smile and go about her business.

Easter morning finally arrived and as I carefully and hopefully came creeping into the kitchen there on the table was the most beautiful basket I had ever seen. A small bouquet of tiny pink roses was peeking over the top. They were artificial, but that was even better because it meant I could keep them forever.

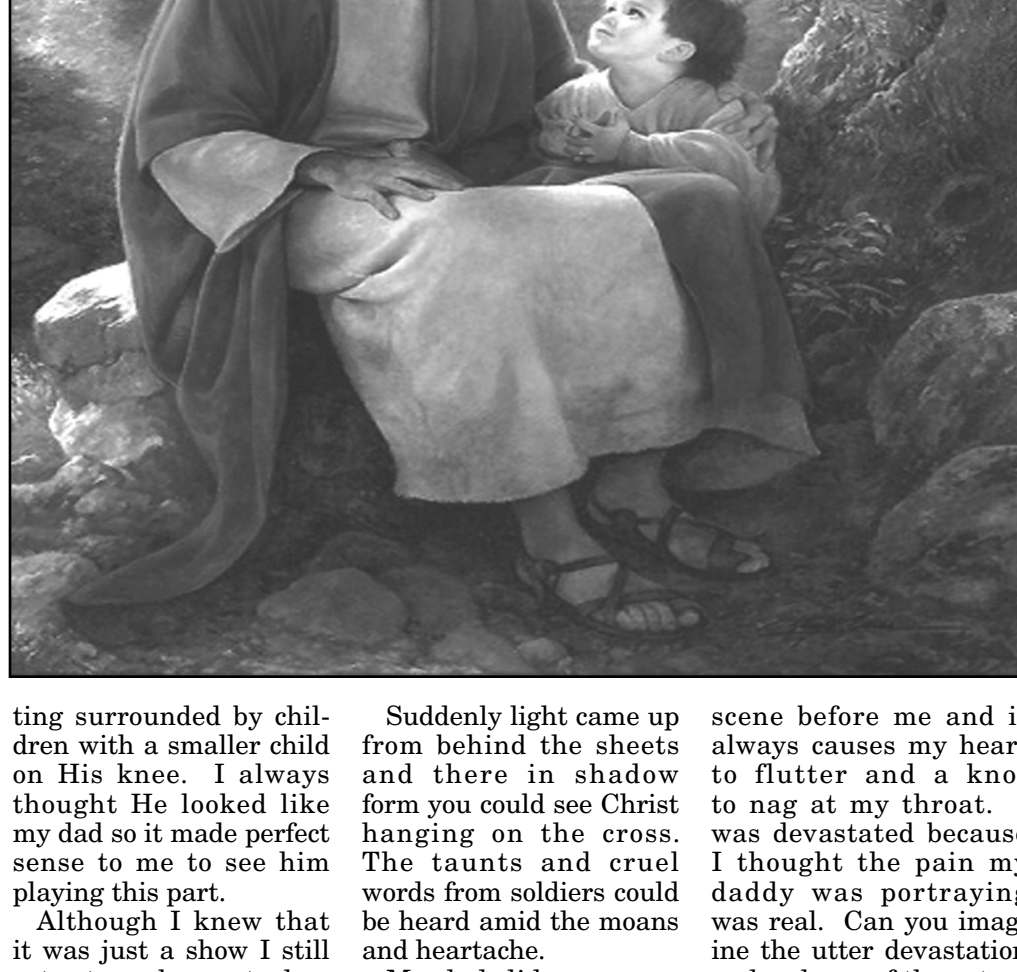
The chocolate bunny and jelly beans were great, but those roses meant more to me than I could say.

Growing up in a Christian home I was taught from a very early age the real reason for this special holiday. Easter isn't about eggs, bunnies or baskets. It is about the shed blood of our Lord and Savior Jesus Christ and His resurrection. When I was a small child our church always held an Easter play. Many members would take part in this heart wrenching reenactment.

One year in particular my dad was chosen to play Jesus. Daddy has always been a tall, rugged man with a beard. Every picture I have ever seen depicting Christ shows a compassionate looking man with a beard.

Matter of fact one of my favorite pictures portraying Jesus shows Him sitting surrounded by children with a smaller child on His knee. I always thought He looked like my dad so it made perfect sense to me to see him playing this part.

Although I knew that it was just a show I still got extremely upset when the scene arrived where Jesus is hoisted onto the cross. The church we were attending at that time did a magnificent job of making it as realistic as possible. Sheets had been strung up in front of the stage as curtains and when this part of the play came they pulled them closed and turned out the lights.



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Suddenly light came up from behind the sheets and there in shadow form you could see Christ hanging on the cross. The taunts and cruel words from soldiers could be heard amid the moans and heartache.

My dad did an amazing job depicting the pain and suffering and in my young eyes I honestly thought they were hurting him so I began to sob. It wasn't until the lights came back up and I could see him with my own eyes did I feel better.

That truly impacted my heart even as young as I was. To this day I can vividly see that entire scene before me and it always causes my heart to flutter and a knot to nag at my throat. I was devastated because I thought the pain my daddy was portraying was real. Can you imagine the utter devastation and sadness of the actual occurrence?

There are times of heartache in our lives where it is so easy to question why God would allow such things to happen. But if we would only go back to this enormous show of love you would see that sometimes bad things have to happen in order for a bigger blessing to come into your

life. It is not our place to know or understand everything.

This is where our faith, respect and love for the great sacrifice Jesus made come into play. I look at my boys and could not imagine allowing one of them to suffer and die in order to save another, but God loved us so much that He gave His only begotten son...

He suffered so we may have the gift of eternity and this day above all others should cause us to pause and realize the enormity of that sacrifice.

I pray that this Easter children are taught that baskets full of candy, egg hunts and large white bunnies are not the true meaning of this blessed holiday. It is so much more.

I pray that you take the time to attend a Passion play or just make it to a church this Sunday morning. It doesn't matter which pew you sit in, who you sit by, what your clothes look like, how much money is in your pocket or what name is on the sign outside. It doesn't matter if you know the Bible from cover to cover or if you have never even opened one. Hearing the word of God is so much greater than any excuse we can come up with.

I hope you all have a very blessed Easter and enjoy your time spent with family and friends.

"Then Jesus said, 'Father forgive them; for they know not what they do.'" Luke 23:34

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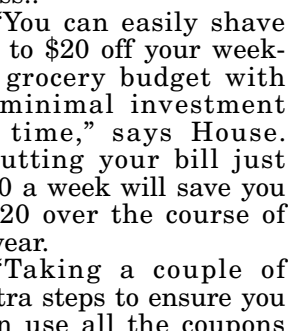
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Sodium is important, but it has to be used wisely



PAM DOOLEY
County
Home Ec.
Agent

Sodium is a key nutrient. We should have about 400 mg of sodium (about 1/4 teaspoon of salt)

each day to stay healthy. The problem is that salt makes our food taste so good that the average American uses 3 to 5 teaspoons of salt daily. This is 5,000 - 8,000 mg of sodium! Is this a cause for concern?

For the general public, a daily limit of 2,400 mg of sodium is recommended. That's one teaspoon of table salt per day. That includes salt in prepared foods, not just the salt you add to food in cooking or at the table. If a person has heart disease or high blood pressure the recommended amount of salt is even less than the 2,400 mg.

Did you know....

- Some countries use no salt, and high blood pressure is rare.
- Some countries (the United States, Japan) have very high salt and sodium intakes, and high blood pressure is common.
- High blood pressure is usually lowered when sodium is limited in the diet.
- Soft water is high in sodium, and people who live in areas with soft water often have hypertension.

Too much sodium can upset the body's water balance, which can cause you to retain extra

water. It can also cause blood vessels to tighten, which raises blood pressure. Not all of us react to sodium in this way, but there is no way to predict who is at risk. One-half of Americans over age 65 may be sodium sensitive to some degree.

Oven Fried Chicken
Vegetable oil spray
1 cup fat-free milk
1 cup cornflake crumbs (3 cups cornflakes)
1 teaspoon dried rosemary, crushed
1/2 teaspoon pepper
4 boneless, skinless chicken breast halves (about 4 ounces each) OR
2 1/2 to 3 -pound chicken, cut into serving pieces,

skinned, all visible fat removed)
Preheat oven to 400 degrees F. Line a 13x9x2-inch baking pan with aluminum foil; lightly spray foil with vegetable oil spray.
Pour milk into a shallow bowl. Combine cornflake crumbs, rosemary, and pepper in another shallow bowl.
Rinse chicken and pat dry with paper towels. Dip chicken pieces into milk, then into crumb mixture. Allow to stand for 5 to 10 minutes so coating will adhere. Arrange chicken in baking pan so that pieces don't touch.

Bake boneless breasts for about 30 minutes, chicken pieces for 55 to 60 minutes, or until done and crumbs form a crisp "skin".
Calories 245; Total Fat 3g; Saturated Fat 1g; Polyunsaturated 1g; Monounsaturated 1g; Cholesterol 64mg; Sodium 376mg; Carbohydrates 27g; Protein 27g; Fiber 1g

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin.

How to be a coupon consumer without being consumed by coupons

More people than ever are clipping coupons for their supermarket trips, but they're often not saving as much as they could, says Toni House, author of How to Reduce Your Weekly Grocery Bill to \$85 Per Week - Or Less!

"You can easily shave \$5 to \$20 off your weekly grocery budget with a minimal investment of time," says House. "Cutting your bill just \$10 a week will save you \$520 over the course of a year."

"Taking a couple of extra steps to ensure you can use all the coupons you clip will save you more money - and protect your investment of time in clipping them."

How can consumers take advantage of coupons without becoming consumed by them? Let us count the ways!

- Learn different stores' rules. Call the grocery stores that are convenient to you (near home OR work), ask these questions and write down the answers: Do you have double or triple coupon days? (If so, what

are they?) Do you accept other stores' coupons? Do you allow "stacking" coupons - using them on sale items?

• Seek coupons far and wide. The Sunday paper is always a good place to start, but most households also get coupons through direct mail. And you can find coupon deals at SaveYourMoneySaveYourFamily.com, CouponLady.com and a host of other sites. If there are brand-name products you just have to have, try Googling the name and "coupon."

• Plan meals around your coupons. Say you have coupons for 30 cents off a box of pasta, half-off spaghetti sauce (a type you normally buy - not a pricey splurge!), buy-one, get-one canned mushrooms and \$1 off a pound of ground chuck. Can you smell dinner simmering? For less than \$4?

• Organize your coupons. An expandable folder, like you might use for taxes, is a convenient place to store coupons at home. You might organize it by product - frozen foods, snacks, meats,



or by expiration date. If you're going to do some meal planning around coupons, you might want a section for those.

As you clip, sort the coupons immediately so you don't end up with a big pile that never gets sorted or used. Clip the meal coupons together and drop them in either the meals section or, if you're organizing by date, the date the first one is set to expire

club" cards. Many supermarkets now offer "shopping clubs" that provide members with special in-store discounts. These are no-clipping-required coupons that never expire! Sign up for free and get a "membership" card that clips to your key ring.

When the cashier swipes it, the discounts are applied to your grocery bill. Some stores have an associated website where you can log in while you're planning your shopping list and



Stanton Elementary Dance-a-Thon to help storm victims in neighboring counties

The Stanton Elementary Buzz Crew, a dance team, hosted a Dance-a-Thon that took place after school in the gymnasium. Members of the team received sponsors from the community, businesses (Dairy Queen, Protek and Clementines), family and friends. This amount totaled \$2,254.

Over 90 students participated in the event. Donations of \$3 per student totaled \$227. Jennifer Drake and Becky Weil, led the students in line dances, group dances and dancing games.

K-KIDS, a part of Kiwanis, partnered with the Buzz Crew by including snacks and drinks for the event. Proceeds from the KKIDS concessions totaled \$180. The total funds raised from the Dance-a-Thon event resulted in a grand total of \$2,661. The Dance-a-Thon was well supported by both SES staff and parents.



State parks announce Family Adventure Quest 2012

The Kentucky State Parks is for a seventh year offering the Family Adventure Quest – a trivia and digital photo contest for families or friends in teams of two to six people.

The Family Adventure Quest presents a series of challenges that teams complete by seeking out facts or objects in various Kentucky State Parks and supplying a photo as the answer. It's a great goal-oriented way to have fun exploring the natural and historical resources of this fascinating state!

While some challenges are park-specific, most can be answered at any of several parks, and a couple can even be answered right from your living room. A digital camera is necessary to capture your team's fun along your journey, and your photos just might show up on our website or Facebook page.

Many have turned the quest into a family tradition, bringing together generations of family members each year to enjoy the experience, while some just look forward to the thrill of the chase as the quest packet arrives.



"We love seeing our beautiful state and having family time – all wrapped up together into one fun adventure!" says three-time returning Team Rogers, from Mount Sterling.

A little tweaking to the prize structure this year will hopefully encourage those who may have worried about time restraints in the past to join in the adventure. By correctly completing just 10 quests, your team will receive a certificate for a one-night stay at the park lodge of your choice (Sunday - Thursday) and free passes to park museums and forts. Complete 20 quests and receive the stay and passes, plus a \$25 Kentucky State Parks gift card. Complete

all 25 quests and get the stay, passes, and a \$50 gift card!

A \$15 registration fee gets you the quest booklet, a Kentucky State Parks insulated tote, a 2012 Kentucky State Parks Calendar Planner, and some informational materials to help you along your way.

Registration forms are available at www.parks.ky.gov (look for the "Family Adventure Quest" button), where you can also peruse the photo gallery of past participants. Photos must be submitted in electronic format on a CD. The challenge ends Dec. 1, 2012.

Wildflower Weekend set for April 27-29 at Natural Bridge

SLADE, Ky. -- The Kentucky Native Plant Society's Wildflower Weekend, April 27-29, is a chance for botanists, gardeners and nature lovers to enjoy the hundreds of species of native plants at Natural Bridge State Resort Park.

Field trips and walks will be offered at 8:30 a.m., 1:30 p.m. and 4 p.m. on Friday; 8:30 a.m., 9 a.m., 1:30 p.m., and 2 p.m. on Saturday; and at 9 a.m. on Sunday. All field trips leave from the Hemlock Lodge lobby.

Beginning at 7:30 p.m. on Friday evening in the Woodland Center, Zeb Weese, biologist for the Kentucky Heritage Land Conservation Fund, will speak about land conservation in Kentucky. Afterward, Dr. Mary Arthur, a forest ecology professor for the University of Kentucky, will give a presentation titled "The Role of Fire in the Development and Maintenance of Kentucky Ecosystems."

Beginning at 6:30 p.m. on Saturday evening in the Woodland Center, the Kentucky Native Plant Society will have its general meeting followed at 7 p.m. with a "puzzling wildflower" photo quiz. At 7:30 p.m., Tavia Cathcart,



author and executive director of the Creasey Mahan Nature Preserve, will give a presentation titled "How Flowers Flirt and Flourish - The tricks and trials of floral reproduction."

On-site registration fee is \$10 per adult and \$3 per child. Registration is open 30 minutes before all field trips and presentations. A detailed agenda will be available upon registration. For more information about Wildflower Weekend, contact Brian Gasdorf at brian.gasdorf@ky.gov or call 1-800-325-1710. For more information about the Kentucky Native Plant Society visit

www.knps.org Natural Bridge State Resort Park is a large natural arch and is surrounded by Daniel Boone National Forest. The park offers lodging, cottages, and campground accommodations. Hiking trails and other recreational opportunities are available. For more information call 1-800-325-1710 or visit: <http://www.parks.ky.gov/parks/resortparks/natural-bridge/default.aspx>

Natural Bridge State Resort Park is 52 miles southeast of Lexington and 2 miles off the Mountain Parkway at Slade, exit 33.